



	Autumn Term		Spring Term		Summer Term	
	1	2	1	2	1	2
<b>Year 10</b>	Knife skills and preparing foods – Portion and fillet, combing, shaping, tenderise and marinate.  Food, Nutrition and Health - The eatwell plate indepth study, energy and nutrition. Micro and macro nutrients, vitamins, minerals and fibre. Excess and deficiency.	General practical skills – weighing, measuring, Mis en place, organising and storing raw and cooked ingredients.  Food Spoilage - preparing food safely and food poisoning – microorganisms and uses of microorganisms in food	Using a range of cooking equipment and methods, speeding up food preparation processes, adapting cooking times. Sauce making, emulsions, setting mixtures and using raising agents in recipes. Making and finishing dough  The science of food – cooking methods and changing properties of food groups. Raising Agents	Testing food for readiness, adding garnishes and presenting. Evaluating and recording different qualities and success when making and presenting food. Creating dishes with local and seasonal produce.  Where food comes from - waste food and packaging, food miles and carbon footprint, food processing, modification and fortification	Make 3 dishes using different ingredients and based on cultural food, food allergies and a healthy food. Research into theme and explore what dishes to design and make  Factors affecting food choices – influence, cultural, religious and moral, food labelling and influences on marketing	Exam style practical and theory lessons that test the skills and knowledge from the past year  Skills audit and exam technique (past papers)
<b>Year 11</b>	Non Examined Assessment topic 1. Research into theme and explore ways of making products better.  Make 4-5 dishes using different ingredients to see what works best.  Ongoing revision and past papers	Test and evaluate dishes and write up which method is best.  Ongoing revision and past papers	Non Examined Assessment topic 2. Research into theme and explore what dishes to design and make.  Plan methods and trial dishes  Ongoing revision and past papers	Non Examined Assessment topic 2. Cook final dishes. Write up evaluation Complete and hand in 2 the topic assignments  Ongoing revision and past papers	Ongoing revision and past papers	