

← Key Stage 2	7	8	9	Key Stage 4 →					
Prior knowledge varies, depending on the opportunity and facilities to study food at key stage 2.	<b>Broad</b>	<b>STEM</b>	<b>Grammar</b>	<b>Broad</b>	<b>STEM</b>	<b>Grammar</b>	<b>Broad</b>	<b>STEM</b>	<b>Grammar</b>
	<b>Skills</b>	<b>Skills</b>	<b>Skills</b>	<b>Multicultural food</b>	<b>Multicultural food</b>	<b>Multicultural food</b>	<b>Protein</b>	<b>Protein</b>	<b>Protein</b>
<b>Core knowledge</b>	Principles of food safety The 4Cs and basic bacteriology  Principles and application of health and safety in a kitchen  Introduction to equipment and utensils  Healthy eating and the Eatwell guide  Planning and Evaluating	Principles of food safety The 4Cs and basic bacteriology  Principles and application of health and safety in a kitchen  Introduction to equipment and utensils  Healthy eating and the Eatwell guide  Links to industry	Principles of food safety The 4Cs and basic bacteriology  Principles and application of health and safety in a kitchen  Introduction to equipment and utensils  Healthy eating and the Eatwell guide  Evaluating and Costing	Health and safety in the kitchen.  Safe storage of food  Multicultural food  Food provenance  Herbs and spices  Environmental issues  Life skills, recipe research	Health and safety in the kitchen.  Safe storage of food  Multicultural food  Food provenance  Herbs and spices  Environmental issues  Links to industry	Health and safety in the kitchen.  Safe storage of food  Multicultural food  Food provenance  Herbs and spices  Environmental issues  Life skills, recipe research	Health and safety in the kitchen  Safe storage of food  Understanding the source of and function of protein in the diet  Identify and prepare and cook with a variety of protein ingredients.  Life skills	Health and safety in the kitchen  Safe storage of food  Understanding the source of and function of protein in the diet  Identify and prepare and cook with a variety of protein ingredients.  Links to industry	Health and safety in the kitchen  Safe storage of food  Understanding the source of and function of protein in the diet  Identify and prepare and cook with a variety of protein ingredients.  Costing and life skills
<b>Concepts</b>	Knife handling skills Use of the grill, hob and oven Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. Adapting a recipe			Knife handling skills Use of the grill, hob and oven Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. Evaluating			Knife handling skills Use of the grill, hob and oven Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. Choosing protein high recipes, costing, planning, nutritional analysis		
<b>Exemplars</b>									
	➤	➤	➤	<b>PROGRESSION</b>			➤	➤	➤
<b>Opportunities</b>	Practical lessons: Baked beans on toast, fruit salad, fruit tasting, ratatouille, bolognaise, stir fry, cake making	Practical lessons: Baked beans on toast, fruit salad, fruit tasting, ratatouille, bolognaise, stir fry, cake making	Practical lessons: Baked beans on toast, fruit salad, ratatouille, bolognaise, stir fry, cake making	Pizza, Pasta bake, Curry, Bread, Filo pastry dish, Raising agent experiment	Pizza, Pasta bake, Curry, Bread, Filo pastry dish, Raising agent experiment	Pizza, Pasta bake, Curry, Bread, Filo pastry dish, Raising agent experiment	Practical lessons: Cooking with eggs, poultry, meat and fish. Students to research dishes of their choice which are prepared and cooked the following lesson	Practical lessons: Cooking with eggs, poultry, meat and fish. Students to research dishes of their choice which are prepared and cooked the following lesson	Practical lessons: Cooking with eggs, poultry, meat and fish. Students to research dishes of their choice which are prepared and cooked the following lesson
<b>Vocabulary</b>	Carbohydrates, Protein, Vitamins, Minerals, Fibre, Saturated and Unsaturated fats, cooking, cleaning, cross contamination, chilling, food poisoning, salmonella, campylobacter, enzymic browning	Carbohydrates, Protein, Vitamins, Minerals, Fibre, Saturated and Unsaturated fats, cooking, cleaning, cross contamination, chilling, food poisoning, salmonella, campylobacter, enzymic browning	Carbohydrates, Protein, Vitamins, Minerals, Fibre, Saturated and Unsaturated fats, cooking, cleaning, cross contamination, chilling, food poisoning, salmonella, campylobacter, enzymic browning	Carbohydrates, Protein, Vitamins, Minerals, Fibre, Saturated and Unsaturated fats, Multicultural, Cuisine, Food provenance, Food miles, Locally sourced, Seasonal Food, Sustainable Farming	Carbohydrates, Protein, Vitamins, Minerals, Fibre, Saturated and Unsaturated fats, Multicultural, Cuisine, Food provenance, Food miles, Locally sourced, Seasonal Food, Sustainable Farming	Carbohydrates, Protein, Vitamins, Minerals, Fibre, Saturated and Unsaturated fats, Multicultural, Cuisine, Food provenance, Food miles, Locally sourced, Seasonal Food, Sustainable Farming	Carbohydrates, Protein, Vitamins, Minerals, Fibre, Saturated and Unsaturated fats, High and Low biological value, complementation, Amino acids and Essential amino acids, protein alternatives	Carbohydrates, Protein, Vitamins, Minerals, Fibre, Saturated and Unsaturated fats, High and Low biological value, complementation, Amino acids and Essential amino acids, protein alternatives	Carbohydrates, Protein, Vitamins, Minerals, Fibre, Saturated and Unsaturated fats, High and Low biological value, complementation, Amino acids and Essential amino acids, protein alternatives
<b>Assessment</b>	Test on the eatwell guide, end of unit assessment. Safe cutting skills, understanding of what food poisoning is and how to reduce the risk of getting food Poisoning. Understanding of what Enzymic browning is. Ability to follow a recipe.	Test on the eatwell guide, end of unit assessment. Safe cutting skills, understanding of what food poisoning is and how to reduce the risk of getting food poisoning. Understanding of what Enzymic browning is. Ability to follow a recipe.	Test on the eatwell guide, end of unit assessment. Safe cutting skills, understanding of what food poisoning is and how to reduce the risk of getting food poisoning. Understanding of what Enzymic browning is. Ability to follow a recipe.	Test on the key words and end of unit assessment. Able to follow a recipe. Practical: Pasta bake	Test on the key words and end of unit assessment. Able to follow a recipe. Practical: Pasta bake	Test on the key words and end of unit assessment. Able to follow a recipe. Practical: Pasta bake	Test on the key words and end of unit assessment. Ability to select and follow a suitable recipe	Test on the key words and end of unit assessment. Ability to select and follow a suitable recipe	Test on the key words and end of unit assessment. Ability to select and follow a suitable recipe

Autumn

Spring

Summer

Autumn

Spring

Summer

**Key skills**  
Multicultural foods  
Protein  
Life skills about how to safely store, prepare and cook food

**Food spoilage and contamination**  
**Preparing, cooking and serving food**  
**Function and chemical properties of Protein and Carbohydrates**

**Function and chemical properties of Fats, oils, water, vitamins and minerals. Raising Agents**

**Micro-organisms in food production**  
**Non exam assessment 1 mock**  
**Non exam assessment 2 mock**

**Food spoilage and contamination revision, Preparing, cooking and serving food revision. Why is food cooked, methods of heat transfer.**  
**Non exam assessment 1**

**Dietary groups**  
**Nutritional analysis**  
**Sensory evaluations**  
**Non exam assessment 2**

**Nutritional Needs**  
**Food labelling**  
**Additives**  
**Technology Development**  
**Revision**

**Core Knowledge**

What is meant by the word micro-organisms, Which micro-organisms can spoil food and make it unsafe to eat, how enzymes can spoil foods, how moulds and yeasts affect foods, food poisoning, the main types of bacterial food poisoning, how bacteria grow and multiply, how food becomes contaminated with bacteria, how to control and prevent bacterial contamination. What is protein/carbohydrate the function of protein/carbohydrate main sources of protein/carbohydrates, the effects of deficiency and excess

The definition of fat, the function of fat, the main sources of fat, the effect of fat deficiency and excess, the functional and chemical properties of fats and oils, how fats and oils react to food preparation and cooking methods, what plasticity, shortening, emulsification and aeration means, what happens when you heat fats and oils. The definition of vitamins/minerals and function. The main sources in the diet, the effect of deficiency and excess, the function of water in the body, the effect of deficiency and excess, the amount of water needed every day.

Which micro-organisms are used in the production of different food products, Microorganisms used in the production of cheese,bread and yogurt. NEA 1 and 2 mock

What is meant by the word micro-organisms, Which micro-organisms can spoil food and make it unsafe to eat, how enzymes can spoil foods, how moulds and yeasts affect foods, food poisoning, the main types of bacterial food poisoning, how bacteria grow and multiply, how food becomes contaminated with bacteria, how to control and prevent bacterial contamination. The reasons why food is cooked, the different methods of transferring heat to food, how cooking methods affect the appeal and nutritional value of foods, how to prepare and cook fruit and vegetables to conserve their nutritional value. NEA1 topics. NEA1 research, investigation and report.

What is meant by a healthy,balanced diet, how eating a variety of foods can give a healthy diet, how to choose an interesting and varied diet, how to provide the right diet for different people at different stages in life, where to find out nutritional information for different foods, how to plan and modify recipes, meals and diets to reflect current guidelines for a healthy diet,how senses influence food choice,how er taste food, sensory testing methods used to evaluate food products, how to set up a food tasting panel, NEA 2 research, skills,timeplan,practical exam,analysis

The relationship between diet, nutrition and health, the major diet-related diseases, high blood pressure, skeletal diseases, osteoporosis, tooth decay, anaemia and Type 2 diabete, the risk factors for each disease, why food labels are used and how they influence food choice, what the law says about food labelling, how to interpret nutritional information on a food label, how food marketing influences food choice, why and how some foods are nutritionally modified, why and how some foods are fortified, the use of additives in food products,revision for the written exam

**Concepts**

Knife handling skills  
Use of the grill, hob and oven  
Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. costing, planning, nutritional analysis,evaluating,skills used,following a recipe

Knife handling skills  
Use of the grill, hob and oven  
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Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. costing, planning, nutritional analysis,evaluating,skills used,following a recipe

**Exemplars**



**Opportunities & Adaptations**

Practicals: Knife skills, Stir fry, Fish pie, Chilled lemon flan, Bread Rolls, Meringue,Courgette, onion and cheese muffins, Ricotta and spinach lasagne, Caramelisation experiment, Caramelised onion and cheese tart, Yule log

Roasted Mediterranean vegetable flan, All in one chocolate and orange cake, Cheese and vegetable pasties. Investigation: the effects of using different types of fat in cake making. Choux pastry, Puff pastry. Raising agents investigation

Cheese and yogurt making  
NEA1 investigation  
NEA2 skills dishes and three hour practical

Stir fry, knife skills, NEA1 food investigation, burgers

Fish cakes, lemon chicken, how to portion a chicken, cottage pie, NEA2 skills cooking, three hour practical exam

Pastry, sauce making, meringue, bread, emulsion, cutting skills

**Vocabulary**

Micro-organisms, Food spoilage, Contaminate, Pathogenic, Food poisoning, Enzyme, Catalyst, Danger zone, spore, germinate, contamination, cross-contamination, photosynthesis, monosaccharides, disaccharides polysaccharides. Amino acids, essential amino acids, biological value, protein complementation,chemical bonds, denaturation,coagulation, gluten.gelatinisation, dextrinisation, caramelisation

Fat, Oils, Fatty acids, Triglycerides, Monounsaturated fatty acid, saturated fatty acid, unsaturated fatty acids, visible fats, invisible fats, hydrated, dehydrated, Plasticity, shortening, aeration, emulsification, raising agents,prediction,hypothesis

Pathogenic, non-pathogenic, pasteurisation, homogenised,analyse, hypothesis,control,investigation, menu,life stage, culinary tradition, time plan

Micro-organisms, Food spoilage, Contaminate, Pathogenic, Food poisoning, Enzyme, Catalyst, Danger zone, spore, germinate, contamination, cross-contamination, sensory qualities, Palatability, Heat transfer, Conduction. Convection. Radiation, High-risk foods, prediction, hypothesis

Life stages,energy dense, BMR,PAL,energy balance, modify,nutrient profile,taste buds,olfactory receptors, sensory analysis,sensory descriptors, timeplan, sensory, nutritional and costing analysis

Target group, Nutritional profile, marketing, Energy dense, BMR, PAL, Energy balance,Nutritional modification, fortification,food additives

**Assessment**

Keyword tests, end of topic assessments.

Keyword tests, end of topic assessments.  
Mock exam

Keyword tests, end of topic assessments.  
NEA1 mock  
NEA2 mock

Key words test, end of topic assessment  
NEA1 food investigation

Key words test, end of topic assessment  
NEA2 food preparation task

Key words test, end of topic assessment,  
practice exam papers

At Thomas Gainsborough level 3 Food Science and Nutrition WJEC Diploma.

At college various courses including practical skills and nutrition

Apprenticeships in the food industry

← Key Stage 4		Year 12			Year 13	University ^ Employment →
	Autumn	Spring	Summer	Autumn	Spring	Summer
AQA food preparation and Nutrition	<p><b>Food safety, Micro-organisms, Allergens.</b></p> <p><b>Food related illnesses, Food safety in practice.</b></p> <p><b>Classification of Nutrients</b></p> <p><b>Structure of Nutrients</b></p>	<p><b>Food production methods and their effects on nutrients</b></p> <p><b>The function of nutrients in the body</b></p> <p><b>Unsatisfactory nutritional intake</b></p> <p><b>Unit 3 mock</b></p>	<p><b>Nutritional needs of specific groups</b></p> <p><b>Unit 1 mock practical, meeting nutritional needs of specific groups</b></p> <p><b>Unit 1 revision for exam</b></p>	<p><b>Analysis of diets</b></p> <p><b>Unit 3 coursework and experiments. Experimenting to solve food production problems</b></p>	<p><b>Advanced cooking skills and techniques</b></p> <p><b>Unit 2 mock. Ensuring food is safe to eat</b></p> <p><b>Unit 1 coursework and practical. Meeting nutritional needs of specific groups</b></p>	<p><b>Unit 2 task,</b></p> <p><b>Ensuring food is safe to eat</b></p> <p><b>Revise for resit of unit 1 exam, Meeting nutritional needs of specific groups</b></p>
Core Knowledge	<p>Food safety and hygiene, the cause of food spoilage and food poisoning, the foods that are most likely to cause food poisoning and the implications it has for consumers and businesses. Food allergens, why it is important for food handlers and businesses to be aware of and have an understanding of how to protect consumers. How food allergies affect children and adults. How food intolerance, sensitivity, and Coeliacs have implications for food handlers and businesses. Sources and general composition of food, food chains, phytochemicals in plant foods, nutritional labelling. The chemical structure of nutrients and how this influences the way they are digested and used by the body</p>	<p>Food storage, processing, preservation and cooking and how it impacts on the nutritional value of food. The functions of nutrients in the human body, growth and development, energy production and regulating metabolism. The characteristics of nutritional excesses and deficiencies and what these mean for individuals and society. How to carry out a food investigation and write a report about the investigation.</p>	<p>The nutritional needs of individuals at different life stages and in different states of health.</p> <p>Unit 1 research, written report, timeplan, practical three and a half hour exam. Revision for unit 1 written exam</p>	<p>Analysis of different diets looking at their intentions and fitness for purpose.</p> <p>Introduce Unit 3 topic. Written report, investigation.</p>	<p>Interpreting recipes for complex menus, analysing a menu, timings and order of production</p> <p>Unit 1 tasks, explain how individuals can take responsibility for food safety, explain how food handlers keep themselves and work areas clean and hygienic. Analyse risks associated with food safety. Explain how nutrients are structured and classified. Describe functions of nutrients in the body. Analyse nutritional needs of specific groups and unsatisfactory nutritional intake.</p>	<p>Unit 2 task, ensuring food is safe to eat. Students are tested on, describing properties of micro-organisms, how changing conditions affect growth of micro-organisms in different environments, explain how micro-organisms affect food quality, explain the physiological basis of food allergies and food poisoning, describe the symptoms of food induced ill health, food safety hazards. Assess risk to food safety, explain control measures to minimise food safety risks. Justify proposals for control measures.</p> <p>Revise topics for unit 1 exam</p>
Concepts	<p>Knife handling skills Use of the grill, hob and oven</p> <p>Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. costing, planning, nutritional analysis, evaluating, skills used, following a recipe</p>	<p>Knife handling skills Use of the grill, hob and oven</p> <p>Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. costing, planning, nutritional analysis, evaluating, skills used, following a recipe, garnishing.</p>	<p>Knife handling skills Use of the grill, hob and oven</p> <p>Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. costing, planning, nutritional analysis, evaluating, skills used, following a recipe</p>	<p>Knife handling skills Use of the grill, hob and oven</p> <p>Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. costing, planning, nutritional analysis, evaluating, skills used, following a recipe</p>	<p>Knife handling skills Use of the grill, hob and oven</p> <p>Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. costing, planning, nutritional analysis, evaluating, skills used, following a recipe.</p>	<p>Knife handling skills Use of the grill, hob and oven</p> <p>Food preparation, cooking and safe storage. Weighing and measuring, key temperatures for food safety. costing, planning, nutritional analysis, evaluating, skills used, following a recipe</p>
Exemplars						
Opportunities & Adaptations	<p>Bread and pastry making.</p> <p>A variety of dishes will be prepared and cooked these will often be chosen by the students</p>	<p>A variety of dishes will be prepared and cooked these will often be chosen by the students, different ways to garnish a dish.</p>	<p>A variety of dishes will be prepared and cooked these will often be chosen by the students, food experiments. Preparing and cooking a three course meal</p>	<p>A variety of dishes will be prepared and cooked these will often be chosen by the students, food experiments.</p>	<p>A variety of dishes will be prepared and cooked these will often be chosen by the students.</p> <p>Preparing and cooking a three course meal, boning meat, filleting</p> <p>Present cooked complex dishes using advanced presentation techniques</p>	
Vocabulary	<p>Contamination, Food poisoning, Pathogen, Spoilage, germinate, High-risk, Low-risk, spore, toxins, aerobic, Anaerobic, mycotoxins, legislation, food chain, nutrient density, biological value, glycaemic index. lipids,</p>	<p>Nutrient profile, leaching, blanching, coagulation, calorie, kilocalorie, kilojoule, anabolic and catabolic reactions, protein synthesis, deamination, metabolic rate, aetiology, epidemiology</p>	<p>Food environments, dietary reference values, estimated average, lower reference nutrient, reference nutrient intake, safe intake, peak bone mass, cognitive and psychological transition, globalisation</p>	<p>Diet, eating patterns, dietary guidelines, sustainable diets, hypothesis, prediction, report</p>	<p>Blending, tenderising, turning, Braising, saute, en papillote, pot roasting, 1</p>	
Assessment	<p>End of topic practice exam questions</p> <p>Practical assessment</p>	<p>End of topic practice exam questions</p> <p>Practical assessment</p>	<p>End of topic practice exam questions</p> <p>Unit 1 mock practical</p>	<p>End of topic practice exam questions</p> <p>Unit 3 coursework, experiments</p>	<p>End of topic practice exam questions</p> <p>Unit 2 mock</p> <p>Unit 1 coursework and practical</p>	<p>Unit 1 exam practice</p>

There are many different opportunities to work in the food industry including, nutritionist, chef, food photographer, nutritional analyst, food production operator, food test kitchen analyst, dietitian, baker, butcher to name but a few