



Intent: To equip learners with the knowledge and skills to become independent and access a healthy lifestyle with reference to a range of foods and understand the important of a balanced diet and lifestyle.

		CYCLE A – 2025-2026	CYCLE B – 2026-2027	Running throughout each cycle	
Autumn	1	Autumn Recipes Inc Diwali	Autumn Recipes Inc Diwali	The Science of Cooking: Heat Transfer and Cooking Methods Food Safety and Hygiene Biotechnology in food preservation and production (e.g., fermentation) Types of packaging (e.g., vacuum sealing, modified atmosphere packaging). The science of food preservation (e.g., pasteurization, freezing). Practical Skills: Recipe Development Applying knowledge of nutrition and food	Designing a Food Product The environmental impact of food production and strategies for sustainable food consumption. - Reducing food waste. - Sustainable food systems. - Eco-friendly food packaging. Food Technology in Society: Impact of Food Innovations Special Diets and Nutrition How special diets meet the nutritional needs of different individuals (e.g.,
	2	Autumn Recipes Inc Xmas	Autumn Recipes Inc Xmas		
Spring	1	Spring Recipes Special Diets - G/F - Dairy Free – Vegetarian	Spring Recipes Special Diets - Vegan/low cholesterol/diabetic		
	2	Spring Recipes Inc Easter/Passover	Spring Recipes Inc Easter/Passover		
Summer	1	Summer Recipes Inc Ramadan BTEC work	Summer Recipes Inc Ramadan BTEC work		

	2	Summer recipes Btec Exam	Summer recipes Btec Exam	science to create healthy, balanced meals	vegetarian, gluten-free, vegan).
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