Subject: Creative Technologies: Food Preparation and Nutrition year 10-11 Long Term Curriculum Overview Derby Cathedral School

	Half term 1 Learning overview	Half term 2 Learning Overview	Half term 3 Learning Overview	Half term 4 Learning Overview	Half term 5 Learning Overview	Half term 6 Learning Overview
	Students will develop a secure understanding of the scientific and nutritional principles that underpin food preparation and nutrition. They will know how to prepare, cook and present a wide range of dishes safely and hygienically, applying knowledge of food safety, nutrition, food science, provenance and food choice. Students will understand the functions of ingredients, nutrients and cooking methods, and be able to make informed decisions about healthy eating, sustainability and consumer choice. They will confidently select and adapt recipes to meet a range of dietary needs while preparing for the NEA assessments and GCSE examination.					
	Students will work as food scientists, nutritionists and informed consumers by planning, preparing and evaluating practical work using accurate technical vocabulary and scientific reasoning. They will investigate how ingredients behave during cooking, analyse nutritional information, evaluate food products, justify design and recipe decisions, and apply evidence to improve outcomes. Through practical investigations and independent cooking, students will develop precision, problem-solving, time management, organisation and evaluative skills required for GCSE Food Preparation and Nutrition.					
	Food Safety: Students develop the practical skills and scientific knowledge needed to prepare food safely. • the functions of ingredients and nutrients, • the characteristics of successful dishes, • the principles of food presentation • the role of micro-organisms and enzymes in food	**Food Provenance:** Students investigate where food comes from and explore how ethical, environmental and economic factors influence food production and consumer choice. • Primary and secondary processing • Farm to fork • Food miles • Seasonality • Sustainability • Organic food • Free range and intensive farming • Fair trade • British red tractor • Local and imported food	**Food Choice:** Students examine the factors that influence food choice and can adapt recipes to meet a range of needs. • Factors affecting food choice • Religion and culture • Ethical choices • Allergies and intolerances • Special diets • Vegetarian and vegan diets	**Nutrition:** Students develop an understanding of nutrients, healthy eating and dietary requirements across life stages. • Macro • Micro • Functions • Source • Deficiency • Excess	**Nutrition:** Students develop an understanding of nutrients, healthy eating and dietary requirements across life stages. • Deficiency diseases • Eatwell guide • Energy balance • BMI • Life stages • Dietary needs	**Food Science:** Students investigate the scientific principles behind cooking and food preparation, understanding how ingredients behave. • Heat transfer • Rasing agents • Gluten formation • Gelatinisation • Coagulation • Caramelisation • Dextrinisation • Enzymic browning • Shortening

	production and spoilage, • factors that affect food safety. • ingredients and cooking methods used to prepare a range of sweet and savoury dishes	•	• Income and lifestyle • Marketing and advertising • Food labelling • Sensory analysis		• Planning balanced meets • The big 6	• Denaturation

Year 11	Half term 1 Learning overview	Half term 2 Learning Overview	Half term 3 Learning Overview	Half term 4 Learning Overview	Half term 5 Learning Overview	Half term 6 Learning Overview
Substantive Knowledge – what will pupils to be able to know/do by the time they finish this unit/topic?	Students will apply their knowledge of food safety, nutrition, food science, food provenance and food choice independently through the completion of the AQA Non-Examination Assessments. They will investigate the scientific properties of ingredients, demonstrate advanced food preparation and presentation skills, and confidently justify decisions using technical knowledge and evidence. Through revision, students will consolidate the full GCSE specification and prepare effectively for the written examination.					
Disciplinary Knowledge – what powerful knowledge is included in this SoW?	Students will think and work as food scientists, chefs and informed consumers by planning and carrying out scientific investigations, analysing evidence, evaluating practical outcomes and making justified improvements. They will independently manage practical tasks, interpret assessment briefs, conduct research, communicate using specialist terminology and apply critical thinking to solve problems throughout the NEA process and final examination.					

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Year 11 Food Preparation and Nutrition	**NEA 1- planning and investigation** **Food investigation task** Worth 15% of GCSE grade 1500- 2000 word report on the functional and chemical properties of food. 3 briefs will be provided by AQA and students must choose one.	**NEA 1- analysis and evaluation** **Food investigation task** Worth 15% of GCSE grade 1500- 2000 word report on the functional and chemical properties of food. 3 briefs will be provided by AQA and students must choose one. **Food preparation task** Worth 35% of GCSE grade Electronic portfolio produced with photographic evidence of 3 practical dishes. 3 briefs will be provided by AQA and students must choose one.	**NEA 2- research and practical development** **Food preparation task** Worth 35% of GCSE grade Electronic portfolio produced with photographic evidence of 3 practical dishes. 3 briefs will be provided by AQA and students must choose one. **3 hour practical exam**	**NEA 2- final practical assessment and portfolio** **Food preparation task** Worth 35% of GCSE grade Electronic portfolio produced with photographic evidence of 3 practical dishes. 3 briefs will be provided by AQA and students must choose one. **Submission of NEA 1 &2** **May**	**Revision:** 5 key topics	

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