

Food commodities

Throughout Year 7, students will learn about the value of fruit and vegetables and cereals and oats within the diet, working characteristics of each commodity and their origins.

Where food comes from

Students will develop their knowledge of seasonal foods in relation to their commodities. They will look at food miles, food waste, food origins (grown), primary and secondary processing and food labelling and packaging.

The science of food

Students will gain a theoretical and practical working knowledge and understanding of personal hygiene and environmental hygiene and safety. Students will gain an understanding of gluten formation, the working characteristics of yeast through experimentation and the function of ingredients.

Cooking and food preparation

Students will learn how to plan, prepare, cook, analyse and evaluate their dishes. The dishes made will link to the commodities, working characteristics of ingredients, and the elements of principles of nutrition and diet and good health they have studied.

Principles of nutrition

Students will study macronutrients and micronutrients that link with their commodities. They will be able to define these in relation to human nutrition, identify the role they play, food sources, the consequences of malnutrition and complementary actions of the nutrients.

Diet and good health

Students will learn why our bodies need food and link their knowledge to other units that are covered, particularly the principles of nutrition. Students will learn about the Eatwell guide and how to plan a balanced diet.

Food commodities

Throughout Year 8, students will learn about the value of milk, cheese and yoghurt and butter, oils, margarine, sugar and syrups within the diet, working characteristics of each commodity and their origins.

Where food comes from

Students will develop their knowledge and understanding of food origins in relation to their commodities (reared) and the foundations of food labelling and packaging.

The science of food

Students will develop their theoretical and practical working knowledge and understanding of personal hygiene and environmental hygiene and safety. Students will gain an understanding of gelatinisation, emulsification, shortening and aeration.

Cooking and food preparation

Students will learn how to plan, prepare, cook, analyse and evaluate their dishes. The dishes made will link to the commodities, working characteristics of ingredients, and the elements of principles of nutrition and diet and good health they have studied.



Food commodities

Students will study a range of foods and ingredients from the major commodity groups and reflect current recommended guidelines for a healthy diet.

Each commodity will teach the students to know and understand the value of the commodity within the diet, characteristics of each commodity regarding correct storage, origins of the commodity and their working characteristics.

Where food comes from

Students will study a wide range of food origins, the environmental impact, sustainability of food, food security and stages of food manufacturing. Students will learn about British and international cuisine and gain an understanding of the development of culinary traditions.

The science of food

Students must have a theoretical and practical working knowledge and understanding of how preparation and cooking affects the sensory and nutritional properties of food.

They will gain understanding of sound microbiological food safety principles when buying, storing, preparing and cooking food.

Principles of nutrition

Students will study macronutrients and micronutrients that link with their commodities. They will be able to define these in relation to human nutrition, identify the role they play, food sources, the consequences of malnutrition and complementary actions of the nutrients.

Diet and good health

Students will develop their knowledge and understanding about factors affecting food choice, such as allergens and intolerances, veganism, vegetarianism and religions, linking with their commodities. Allergens and intolerances

Principles of nutrition

Students will study macronutrients and micronutrients. They will be able to define these in relation to human nutrition, identify the role they play, food sources, the consequences of malnutrition and complementary actions of the nutrients.

Diet and good health

Students will study the energy requirements of individuals, plan a balanced diet using their knowledge from other units, and calculate energy and nutritional value of recipes, meals and diets.

Cooking and food preparation

Students will learn about factors affecting food choice. They will learn how to plan, prepare and cook dishes using a range of technical skills.

The science of food

Students will mature their theoretical and practical working knowledge and understanding of personal hygiene and chemical, physical and biological hazards/contamination, including through the manufacturing process. Students will gain an understanding of the suitability of different cooking methods.

Cooking and food preparation

Students will learn how to plan, prepare, cook, analyse and evaluate their dishes. The dishes made will link to the commodities, working characteristics of ingredients, and the elements of principles of nutrition and diet and good health they have studied.

Food commodities

Throughout Year 9, students will learn about the value of beans, nuts, seeds and mycoprotein and meat, fish, poultry and eggs within the diet, working characteristics of each commodity and their origins.

Where food comes from

Students will develop their knowledge and understanding of food origins of their commodities (caught and reared). Students will learn about British and international cuisine and gain an understanding of the development of culinary traditions.

Principles of nutrition

Students will study macronutrients and micronutrients that link with their commodities. They will be able to define these in relation to human nutrition, identify the role they play, food sources, the consequences of malnutrition and complementary actions of the nutrients.

Diet and good health

Students will learn about factors affecting food choice, such as allergens and intolerances, linking with their commodities. Students will develop their knowledge and understanding of the nutritional needs of different life stages.

Mock NEA 1

Students will conduct a mock food investigation assessment in preparation for their final NEA 1 in Year 11. This will give students the opportunity to practice investigating the working characteristics of ingredients and analysis skills.

Mock NEA 2

Students will conduct a mock food preparation assessment as a practice for their final NEA 2 in Year 11. This will give students the opportunity to practice planning dishes to meet a need and their technical skills.

Mock exam

Students will be given this opportunity to assess their knowledge and understanding of the six units and areas of focus for Year 11.

NEA 1: The food investigation assessment Worth 15% of the GCSE.

Students will:

- research and plan a task.
- investigate the working characteristics of ingredients in a practical experiment.
- analyse and evaluate their findings.

NEA 2: The food preparation assessment Worth 35% of the GCSE.

Students will:

- Plan, prepare, cook, and present a selection of dishes, to meet requirements such as a dietary need, lifestyle choice or specific content.

Exam Worth 50% of the GCSE.

Students will be assessed on the six units covered across years 7 – 9 and in-depth through year 10.

These are:

- Food commodities
- Where food comes from
- The science of food
- Principles of nutrition
- Diet and good health
- Cooking and food preparation