



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 importance of a balanced diet and lifestyle.

		Cycle A (2023-2024)	Cycle B (2024-2025)	Cycle C (2025-2026)	Running throughout each cycle
Autumn	1	<p>Local Produce</p> <p>Food Sustainability</p> <ul style="list-style-type: none"> • Sustainable food sourcing: Introduction to local and seasonal foods. • Food waste: Reducing food waste, understanding food miles. • Environmental impact: The carbon footprint of food and how food choices affect the environment. 	<p>Local Produce</p> <p>Fruit and Vegetables</p> <p>Food Sustainability</p> <ul style="list-style-type: none"> • Sustainable food sourcing: Introduction to local and seasonal foods. • Food waste: Reducing food waste, understanding food miles. • Environmental impact: The carbon footprint of food and how food choices affect the environment. 	<p>Local Produce</p> <p>Meats</p> <p>Food Sustainability</p> <ul style="list-style-type: none"> • Sustainable food sourcing: Introduction to local and seasonal foods. • Food waste: Reducing food waste, understanding food miles. • Environmental impact: The carbon footprint of food and how food choices affect the environment. 	<p>Health and Safety</p> <ul style="list-style-type: none"> • Basic kitchen skills: Safety in the kitchen, knife skills, and hygiene. • Understanding ingredients: Identification and classification of basic ingredients (e.g., dairy, meat, vegetables). • Food preparation techniques: Chopping, peeling, boiling, baking, frying, etc. <p>Basic Nutrition and Health</p> <ul style="list-style-type: none"> • The Eatwell Guide: Understanding food groups and their role in a balanced diet. • Macronutrients: Carbohydrates, proteins, fats, and their importance. • Micronutrients: Vitamins and minerals and their effects on health. • Hygiene and food safety: Importance of cleanliness, proper food storage, and cooking techniques to avoid contamination. <p>Food Technology in Society</p> <ul style="list-style-type: none"> • Global food systems: Understanding global food production, trade, and cultural practices. • Food innovations: Exploring food technology advancements, including lab-grown food, food packaging, and automation in food production. • Ethical issues: Fairtrade, animal welfare, and the ethics of food production.
	2	<p>Cakes</p> <p>Advanced Cooking Skills</p> <ul style="list-style-type: none"> • Meal planning: Planning meals for 	<p>Pies</p> <p>Advanced Cooking Skills</p>	<p>Complex deserts</p> <p>Advanced Cooking Skills</p>	

		<p>different occasions (e.g., family meals, parties, and formal events).</p> <ul style="list-style-type: none"> • Presentation techniques: Creating appealing food through garnishes, plating, and overall presentation. • Advanced baking and pastry techniques: Cakes, pies, and complex desserts. • Culinary presentation: Food styling for dishes and table settings 	<ul style="list-style-type: none"> • Meal planning: Planning meals for different occasions (e.g., family meals, parties, and formal events). • Presentation techniques: Creating appealing food through garnishes, plating, and overall presentation. • Advanced baking and pastry techniques: Cakes, pies, and complex desserts. <p>Culinary presentation: Food styling for dishes and table settings</p>	<ul style="list-style-type: none"> • Meal planning: Planning meals for different occasions (e.g., family meals, parties, and formal events). • Presentation techniques: Creating appealing food through garnishes, plating, and overall presentation. • Advanced baking and pastry techniques: Cakes, pies, and complex desserts. <p>Culinary presentation: Food styling for dishes and table settings</p>	
Spring	1	<p>Fresh food</p> <p>Food Science</p> <ul style="list-style-type: none"> • Understanding food changes during cooking: Chemical reactions (e.g., caramelization, protein denaturation). • Food preservation: Methods of preserving food (canning, freezing, dehydrating). 	<p>Canned foods</p> <p>Food Science</p> <ul style="list-style-type: none"> • Understanding food changes during cooking: Chemical reactions (e.g., caramelization, protein denaturation). • Food preservation: Methods of preserving food (canning, freezing, dehydrating). 	<p>Frozen Food</p> <p>Food Science</p> <ul style="list-style-type: none"> • Understanding food changes during cooking: Chemical reactions (e.g., caramelization, protein denaturation). • Food preservation: Methods of preserving food (canning, freezing, dehydrating). <p>Food chemistry: The impact of different ingredients on texture, flavour, and nutritional content</p>	

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	2	<p>Pastry</p> <p>Food Preparation and Cooking Techniques</p> <ul style="list-style-type: none"> • Complexity of recipes: Moving to more advanced recipes involving multiple cooking techniques. • Baking: Introduction to pastry, cakes, and breads. • Culinary techniques: Grilling, roasting, steaming, stir-frying, and boiling. • Cultural influences: Introduction to global cuisine and variations in cooking methods. 	<p>Bread</p> <p>Food Preparation and Cooking Techniques</p> <ul style="list-style-type: none"> • Complexity of recipes: Moving to more advanced recipes involving multiple cooking techniques. • Baking: Introduction to pastry, cakes, and breads. • Culinary techniques: Grilling, roasting, steaming, stir-frying, and boiling. • Cultural influences: Introduction to global cuisine and variations in cooking methods. 	<p>Cakes</p> <p>Food Preparation and Cooking Techniques</p> <ul style="list-style-type: none"> • Complexity of recipes: Moving to more advanced recipes involving multiple cooking techniques. • Baking: Introduction to pastry, cakes, and breads. • Culinary techniques: Grilling, roasting, steaming, stir-frying, and boiling. • Cultural influences: Introduction to global cuisine and variations in cooking methods.
Summer	1	<p>Vegetarian</p> <p>Nutrition and Special Diets</p>	<p>Gluten Free</p> <p>Nutrition and Special Diets</p>	<p>Dairy Free</p> <p>Nutrition and Special Diets</p>

		<ul style="list-style-type: none"> • Special dietary needs: Vegetarianism, veganism, gluten-free, and food allergies. • Food intolerances and sensitivities: Understanding common issues such as lactose intolerance. • Healthy eating habits: Long-term health impacts of poor diets (e.g., obesity, diabetes). • Food labeling: Understanding nutrition labels, ingredients lists, and claims. 	<ul style="list-style-type: none"> • Special dietary needs: Vegetarianism, veganism, gluten-free, and food allergies. • Food intolerances and sensitivities: Understanding common issues such as lactose intolerance. • Healthy eating habits: Long-term health impacts of poor diets (e.g., obesity, diabetes). • Food labeling: Understanding nutrition labels, ingredients lists, and claims. 	<ul style="list-style-type: none"> • Special dietary needs: Vegetarianism, veganism, gluten-free, and food allergies. • Food intolerances and sensitivities: Understanding common issues such as lactose intolerance. • Healthy eating habits: Long-term health impacts of poor diets (e.g., obesity, diabetes). • Food labeling: Understanding nutrition labels, ingredients lists, and claims. 	
2		<ul style="list-style-type: none"> • Assessment and Independent Projects • Creating a portfolio of work: Keeping a detailed logbook or portfolio of recipes and techniques learned. • Independent project: Researching, developing, and preparing a dish or 	<p>Assessment and Independent Projects</p> <ul style="list-style-type: none"> • Creating a portfolio of work: Keeping a detailed logbook or portfolio of recipes and techniques learned. • Independent project: Researching, developing, and preparing a dish or a 	<p>Assessment and Independent Projects</p> <ul style="list-style-type: none"> • Creating a portfolio of work: Keeping a detailed logbook or portfolio of recipes and techniques learned. • Independent project: Researching, developing, and preparing a dish or a menu based on a theme or brief. 	

		a menu based on a theme or brief	menu based on a theme or brief. <ul style="list-style-type: none">• Adventure		
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