



COMPOSITE KNOWLEDGE COVERAGE KEY STAGE 4

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 – 2026-2027	CYCLE B – 2025-2026	Running throughout each cycle
Autumn	1	Breakfast	Lunch on the Go	<p>The Science of Cooking: Heat Transfer and Cooking Methods Food Safety and Hygiene</p> <p>Biotechnology in food preservation and production (e.g., fermentation)</p> <p>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 science to create healthy,</p> <p>Designing a Food Product The environmental impact of food production and strategies for sustainable food consumption.</p> <ul style="list-style-type: none"> • Reducing food waste. • Sustainable food systems. • Eco-friendly food packaging. <p>Food Technology in Society: Impact of Food Innovations Special Diets and Nutrition How special diets meet the nutritional needs of different individuals</p>
		Vegetables and Stews	Puddings	
Spring	1	Baking	Chicken/ Quick cook meat	
	2	Pasta	Mince and Stews	
Summer	1	Breads	Fruit	
	2	Fish/ Salads	BBQ	

