

Werneth Food and Nutrition Curriculum KS4

		Year 10	Year 11
Autumn 1	Content (Why)	Develop foundational knowledge of food science and nutrition, focusing on food hygiene and safety, food spoilage, the principles of nutrition, and the relationship between diet and good health.	Complete NEA 1: Food Investigation , a controlled assessment in which pupils investigate a food science question through practical experimentation, data collection and analysis over 8 hours.
	Content (What)	This unit provides pupils with the essential knowledge needed to understand how food can be prepared and stored safely and how dietary choices influence health and wellbeing. It establishes a foundation for understanding food science and nutrition and supports pupils in making informed choices about food in everyday life.	This assessment develops pupils' ability to apply food science knowledge in a practical investigation. Pupils will demonstrate their understanding of food properties and processes while developing independent investigation, practical, analytical and evaluative skills.
	Acquire (Knowledge)	• Food must be handled, stored and prepared safely to prevent contamination, food spoilage and foodborne illness. • A balanced diet provides the nutrients required for health and wellbeing, with different nutrients performing specific functions within the body. • Dietary choices affect health, with balanced and unbalanced diets having potential short- and long-term impacts on physical wellbeing.	• Food science investigations require a clear understanding of how ingredients and processes affect food, enabling pupils to develop relevant questions and predictions. • Valid investigations require controlled practical methods and accurate data collection, with pupils considering variables, reliability and safe working practices. • Scientific conclusions are based on evidence, requiring pupils to analyse results, explain findings using food science knowledge and evaluate the effectiveness of their investigation.
	Apply (Skills)	Explain how food can spoil and how food hygiene practices reduce risk, identify the nutritional functions of different foods and nutrients, and use nutritional information to assess dietary choices and make informed recommendations for a healthy, balanced diet.	Plan and conduct a controlled food investigation safely and independently, collect and analyse appropriate data, draw evidence-based conclusions and evaluate the reliability of the methods and results using relevant food science knowledge.
Autumn 2	Content (Why)	Develop foundational knowledge of food science and nutrition, focusing on food hygiene and safety, food spoilage, the principles of nutrition, and the relationship between diet and good health.	Complete NEA 2: Food Preparation , a 12-hour controlled assessment requiring pupils to plan, prepare and evaluate a range of dishes, alongside completing a mock examination to assess their theoretical knowledge.
	Content (What)	This unit provides pupils with the essential knowledge needed to understand how food can be prepared and stored safely and how dietary choices influence health and wellbeing. It establishes a foundation for understanding food science and nutrition and supports pupils in making informed choices about food in everyday life.	This unit allows pupils to apply their knowledge of food science, nutrition, preparation and cooking in an extended practical assessment. The mock examination provides an opportunity to consolidate theoretical knowledge, identify areas for development and prepare pupils for the demands of the final examination.

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	Acquire (Knowledge)	• Food must be handled, stored and prepared safely to prevent contamination, food spoilage and foodborne illness. • A balanced diet provides the nutrients required for health and wellbeing, with different nutrients performing specific functions within the body. • Dietary choices affect health, with balanced and unbalanced diets having potential short- and long-term impacts on physical wellbeing.	• Effective food preparation requires knowledge of ingredients, nutrition and cooking techniques, enabling pupils to select and prepare appropriate dishes for a given brief. • Successful practical work requires careful planning, organisation and safe working practices, including effective time management and appropriate use of equipment. • Evaluation supports improvement, requiring pupils to assess the sensory, nutritional and practical qualities of their dishes and make justified recommendations for development.
	Apply (Skills)	Explain how food can spoil and how food hygiene practices reduce risk, identify the nutritional functions of different foods and nutrients, and use nutritional information to assess dietary choices and make informed recommendations for a healthy, balanced diet.	Plan, prepare and evaluate a range of dishes independently within the controlled assessment, demonstrating accurate practical skills, safe working practices and effective time management, while applying theoretical knowledge and using mock examination feedback to identify and address areas for improvement.
Spring 1	Content (Why)	Explore food commodities and the science, provenance and sustainability of food. Pupils will study meat, fish, eggs, alternative proteins, fats and sugars, alongside the scientific principles of cooking and the environmental and social impacts of food production, food miles and food waste.	Complete NEA 2: Food Preparation , culminating in a 3-hour practical examination where pupils plan, prepare and present dishes in response to the assessment brief.
	Content (What)	This unit develops pupils' understanding of where food comes from, how it is produced and how cooking transforms food. It connects food science and nutrition with wider issues of sustainability, helping pupils understand how individual food choices can affect health, the environment, economies and communities.	This unit provides pupils with the opportunity to demonstrate the practical skills, knowledge and understanding developed throughout the course. The final practical examination assesses their ability to work independently, apply food science and nutrition knowledge, manage time effectively and produce high-quality outcomes under controlled conditions.
	Acquire (Knowledge)	• Food commodities have different nutritional, functional and sensory properties, with cooking causing physical and chemical changes that influence digestion, taste, texture and appearance while helping to reduce the risk of contamination. • Food provenance describes where and how food is produced, including how foods are grown, reared or caught, with food miles and production methods influencing environmental impact and carbon footprint. • Sustainable food choices require consideration of food waste and its wider impacts, including effects on the environment, local and global markets and communities.	• Successful food preparation requires accurate practical skills, including appropriate preparation, cooking, presentation and use of equipment. • Effective practical assessment requires careful planning and organisation, including selecting appropriate dishes, managing resources, working safely and completing tasks within a fixed timeframe. • High-quality outcomes require evaluation and refinement, with pupils applying knowledge of nutrition, food science, sensory qualities and presentation to justify their choices.

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	Apply (Skills)	Explain how different food commodities and cooking processes affect nutritional value, digestion and sensory qualities, investigate the provenance and environmental impact of foods, and evaluate how purchasing, preparation and waste decisions can contribute to more sustainable food choices.	Independently plan and execute a range of food preparation tasks within the 3-hour practical examination, demonstrating accurate technical skills, safe and efficient working practices, effective time management and the ability to produce and present high-quality dishes that meet the assessment brief.
Spring 2	Content (Why)	Explore food commodities and the science, provenance and sustainability of food. Pupils will study meat, fish, eggs, alternative proteins, fats and sugars, alongside the scientific principles of cooking and the environmental and social impacts of food production, food miles and food waste.	Consolidate and revise the knowledge, understanding and practical skills developed across the Food Science and Nutrition course in preparation for Core Mock 2 .
	Content (What)	This unit develops pupils' understanding of where food comes from, how it is produced and how cooking transforms food. It connects food science and nutrition with wider issues of sustainability, helping pupils understand how individual food choices can affect health, the environment, economies and communities.	This unit provides focused preparation for the final stages of the course by strengthening long-term knowledge, addressing gaps and developing pupils' confidence in applying their understanding to examination-style questions. Mock assessment allows pupils to identify areas for further improvement before the final examination.
	Acquire (Knowledge)	• Food commodities have different nutritional, functional and sensory properties, with cooking causing physical and chemical changes that influence digestion, taste, texture and appearance while helping to reduce the risk of contamination. • Food provenance describes where and how food is produced, including how foods are grown, reared or caught, with food miles and production methods influencing environmental impact and carbon footprint. • Sustainable food choices require consideration of food waste and its wider impacts, including effects on the environment, local and global markets and communities.	• Core knowledge across food science, nutrition, commodities, provenance and food preparation must be securely retained and understood. • Examination success requires pupils to apply knowledge to unfamiliar contexts, interpret information and use appropriate food science and nutritional terminology. • Effective revision and assessment identify gaps in knowledge and understanding, allowing pupils to address misconceptions and improve the quality of their responses.
	Apply (Skills)	Explain how different food commodities and cooking processes affect nutritional value, digestion and sensory qualities, investigate the provenance and environmental impact of foods, and evaluate how purchasing, preparation and waste decisions can contribute to more sustainable food choices.	Retrieve and apply knowledge across the full course, complete examination-style questions using accurate terminology and developed explanations, and use the outcomes of Core Mock 2 to identify and address specific areas for improvement.
Summer 1	Content (Why)	Explore cultures and cuisine, technological developments in food, factors influencing food choice, and the science behind basic food mixtures. Pupils will apply this knowledge through food science experiments and NEA-style practical examination practice.	Revise and consolidate the full Food Science and Nutrition course in preparation for the final examination. Pupils will revisit key theoretical knowledge, food science, nutrition, practical skills and assessment requirements.
	Content	This unit broadens pupils' understanding of how food is influenced by culture, society,	This final unit ensures pupils can retrieve and apply the knowledge and

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	(What)	technology and individual choice. It also strengthens their practical and food science knowledge, providing opportunities to apply theoretical understanding through experimentation and prepare confidently for controlled assessment and examination tasks.	understanding developed throughout the course and approach the examination with confidence. Revision will identify and address gaps in knowledge while strengthening pupils' ability to apply food science and nutrition concepts to unfamiliar contexts.
	Acquire (Knowledge)	• Food choices and cuisines are influenced by cultural, social, ethical, economic and personal factors, with food traditions and preferences varying between individuals and communities. • Technological developments have changed how food is produced, prepared and consumed, with innovations affecting convenience, sustainability, food safety and quality. • Food mixtures demonstrate important scientific principles, with ingredients interacting through processes such as emulsification, gelatinisation and aeration to create specific textures and properties.	• Core knowledge across nutrition, food science, commodities, food preparation, provenance, sustainability and food choice must be securely retained and understood. • Successful examination responses require pupils to apply knowledge to unfamiliar contexts, using accurate terminology, relevant examples and developed explanations. • Effective revision consolidates knowledge and addresses misconceptions, enabling pupils to demonstrate their understanding independently under examination conditions.
	Apply (Skills)	Explain how culture, technology and personal and societal factors influence food choices, investigate the scientific principles behind basic food mixtures through practical experiments, and apply food preparation and food science skills to complete NEA-style practical examination tasks effectively.	Independently retrieve and apply knowledge across the full course, use accurate food science and nutrition terminology to construct developed examination responses, and apply understanding to unfamiliar scenarios and practical contexts in preparation for and during the final examination.
Summer 2	Content (Why)	Complete MOCK NEA 2: Food Preparation , culminating in a 2-hour practical examination where pupils plan, prepare and present dishes in response to the assessment brief.	Examination Revision
	Content (What)	This unit provides pupils with the opportunity to demonstrate the practical skills, knowledge and understanding developed throughout the course. The final practical examination assesses their ability to work independently, apply food science and nutrition knowledge, manage time effectively and produce high-quality outcomes under controlled conditions. To practice ready for their final exams in Y11	Examination Revision
	Acquire (Knowledge)	• Successful food preparation requires accurate practical skills, including appropriate preparation, cooking, presentation and use of equipment. • Effective practical assessment requires careful planning and organisation, including selecting appropriate dishes, managing resources, working safely and completing tasks within a fixed timeframe. • High-quality outcomes require evaluation and refinement, with pupils applying knowledge of nutrition, food science, sensory qualities and presentation to justify their choices ready for Y11	Examination Revision

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	Apply (Skills)	To build resistance and Independently plan and execute a range of food preparation tasks within the 2-hour practical examination, demonstrating accurate technical skills, safe and efficient working practices, effective time management and the ability to produce and present high-quality dishes that meet the MOCK assessment brief.	Examination Revision
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