

**Stage 4 Subject Timeline Year 9 to 11**  
**Subject: Food Preparation and nutrition**  
**Exam Board: AQA**

Year 9 2022-23					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key concept/Skill	Key concept/Skill	Key concept/Skill	Key concept/Skill	Key concept/Skill	Key concept/Skill
Introduction to the course Hygiene and safety Nutrition Practical routines Developing new practical skills	Nutrition The Eatwell guide Nutrition Using the nutritional programme, DRV's Macro and Micro nutrients, Proteins and Eggs	Fat in the diet Writing up an investigation Looking at shortcrust pastry Milk and dairy products	Micronutrients Special Diets and diet related diseases Looking at fruits and Vegetables	Methods of cooking Meat as a protein source	Fish in the diet Preparation for PPE
End Point	End Point	End Point	End Point	End Point	End Point
Students will be confident in basic routines and hygiene practices and reaffirm basic practical skills	Students will have a good understanding of healthy eating for individuals, will be able to cook healthy dishes and be confident using the Jenny Ridgewell nutrition programme	Students will be introduced to the key concepts involved in the NEA1 investigation for GCSE whilst developing their knowledge of Fat and protein in the diet	Students will become more confident with recipe adaptation for special diets and will make a variety of products. Knowledge of Fruit and vegetables value in the diet will be improved	Students will handle a variety of meats and improve their knowledge of how to prepare and cook these in a variety of ways	Students will become familiar with the variety of fish and ways to prepare dishes Students will become confident planning for a three hour practical and will be able to write a time plan.
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
Assessment on Hygiene and safety	Assessment on Nutrition and Protein	Assessment on Dairy Foods and Fats	Assessment on Vitamins and minerals	Assessment on Protein Foods, Methods of cooking and Meat	3 hour practical exam and preparation of time plans and research. Written GCSE exam paper tailored to topics covered

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Year 10 2022-23					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key concept/Skill	Key concept/Skill	Key concept/Skill	Key concept/Skill	Key concept/Skill	Key concept/Skill
Carbohydrates and their role in the diet Energy balance Starchy Foods Cereal Bread and associated practical	Raising agents Pastries Investigation into the function of ingredients in the creaming method of cake making Different cake making methods and associated practical Cream teas	Micro-organisms in food production Preservation Food processing	Time plans Preparation for PPE exams	Food Provenance and sustainability Sensory Analysis testing	International cuisines Cooking for different cultures
End Point	End Point	End Point	End Point	End Point	End Point
Students will cook a range of dishes using a variety of carbohydrates. They will improve their knowledge of carbohydrates in the diet	Students will explore a range of raising agents through making a variety of baked products	Students will have a good understanding of micronutrients in food and in the diet Students will have a good understanding of preservation techniques and the advantages of them	Students will have completed research, a time plan and choice of dishes and completed successfully a three hour practical from a chosen theme	Through experimentation students will be familiar with Sensory Analysis tests and will be able to evaluate their products.	Students will investigate a range of cultures and countries cuisines and will be able to cook a range of typical dishes.
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
Half termly test on starchy foods	Half termly test on raising agents	Half termly test on Microorganisms and food preservation	Test on Food preparation on eating in different cultures	Test on Food provenance and sustainability	PPE exams

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Year 11 2022-23					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key concept/Skill	Key concept/Skill	Key concept/Skill	Key concept/Skill	Key concept/Skill	Key concept/Skill
Controlled assessment NEA 1	Preparation for PPE Controlled assessment NEA2	NEA2 Practical 3 hour and evaluation Revision	Revision		
End Point	End Point	End Point	End Point	End Point	
Completion of high quality NEA1 Investigation ( 30 marks)	Completion of written and practical elements of NEA2	Completion of three hour practical for NEA2 Completion of healthy eating revision	Confidence when revising key concepts and completing past exam question ready for GCSE		
Assessment	Assessment	Assessment	Assessment		
NEA 1 marked according to AQA specification (30 marks )	PPE written exam	NEA2 marked according to AQA specification	Ongoing marking of exam practice questions		

Cultural capital

Use of Technology

Inclusiveness

Diversity