	Year 10	Practicals	Year 11	Practic	als
Term	Food, Nutrition and	Protein	NEA 1:	•	Investigations
1	Health	Fajitas	Food Investigation	•	Food science
	Macronutrients		<ul> <li>Food science</li> </ul>	•	Own
	<ul><li>Fat/ Carbs/</li></ul>		<ul> <li>Hypothesis</li> </ul>		selection
	Protein		Theory writing		
	<ul> <li>Deficiencies</li> </ul>		<ul> <li>Researching</li> </ul>		
	<ul><li>Excess</li></ul>		A02- Apply		
	<ul> <li>Sources</li> </ul>	Iron	knowledge of		
	Micronutrients	Pie	understanding		
	<ul><li>Vitamins/</li></ul>		nutrition food		
	Minerals		and cooking.		
	<ul><li>Sources</li></ul>		<ul> <li>A04- Analyse</li> </ul>		
	<ul><li>Excess</li></ul>		and evaluate		
	<ul> <li>Deficiencies</li> </ul>		different aspects		
	Nutritional Needs and		of nutrition food		
	Health		and cooking.		
	<ul> <li>Eatwell Guide</li> </ul>				
	<ul> <li>Life stages</li> </ul>				
	<ul> <li>Special Diets</li> </ul>				<b>+</b> · · · · ·
	<ul> <li>Energy Needs</li> </ul>		NEA 2:	•	Trial dishes
	<ul><li>The Big 6</li></ul>		Plan, Prepare and Make.	•	Own
			Research		selection of
			Demonstrate		dishes during
	Food Safety:		technical skills		exam.
	Food Spoilage and		Practical		
	contamination:		Examination		
	<ul> <li>Micro-organisms</li> </ul>		Planning final		
	and enzymes		menu		
	Preparing and		<ul> <li>Analyse and evaluate</li> </ul>		
	cooking food				
	Micro-organisms		<ul><li>Presenting</li><li>Nutritional</li></ul>		
	in food		analysis		
	production		Sensory analysis		
	Bacterial		Sensory analysis		
	contamination				
	<ul> <li>Food poisoning</li> </ul>				
	Principles of Food Safety:				
	Buying and				
	storing food				
	Preparing and				
	cooking food				
_					
Term	Raising agents:		Continue NEA 2.		
2	Mechanical				
	<ul> <li>Chemical</li> </ul>				

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•	Bio	logica	ì
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### British and international cuisine:

- British
- International
- Eating Patterns
- Traditional equipment

## Food Provenance: Environmental impact:

- Environment
- Production Methods
- Sustainability
- Seasonal foods
- Transportation
- Organic food
- MSC
- Food waste
- Packaging
- Free range
- GM

### Food Science: Cooking of food and heat transfer:

- Why and how?
- Cooking methods

# Functional and chemical properties of food:

- Proteins
- Denaturation
- Coagulation
- Gluten formation
- Foam formation
- Carbohydrates
- Gelatinisation
- Dextrinisation
- Caramelisation
- Fats and Oils
- Shortening
- Aeration
- Plasticity
- Emulsification

#### Revision

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance

		1		
	NEA 1 practice.			
	Food investigation:			
	<ul> <li>Food science</li> </ul>			
	<ul> <li>Hypothesis</li> </ul>			
	<ul> <li>Theory writing</li> </ul>			
	<ul> <li>Researching</li> </ul>			
	<ul> <li>A02- Apply</li> </ul>			
	knowledge of			
	understanding			
	nutrition food			
	and cooking.			
	A04- Analyse and			
	evaluate			
	different aspects of nutrition food			
	and cooking.			
Term	Food Choice:		Revision	
3	Factors Affecting:		• Food, nutrition	
]	• Factors		and health	
	influencing		Food science	
	Food choices		Food safety	
	Religious		Food choice	
	Medical		• Food	
	Wiediedi		provenance	
			proventance	
	Food labelling and			
	marketing:			
	<ul> <li>Food labelling</li> </ul>			
	<ul> <li>Nutritional</li> </ul>			
	labelling			
	• Law			
	<ul> <li>Marketing</li> </ul>			
	strategies			
	Food production and			
	processing			
	<ul> <li>Food production</li> </ul>			
	<ul><li>Primary</li></ul>			
	<ul> <li>Secondary</li> </ul>			
	<ul><li>Meat</li></ul>			
	• Fish			
	Fruit and			
	vegetables			
	<ul> <li>Cereals</li> </ul>			
	• Milk			
	<ul> <li>Food processing</li> </ul>			
	<ul> <li>Fortified foods</li> </ul>			
	<ul> <li>Additives</li> </ul>			