

KS5

Revision

Review and prepare all 5 topics for written exam.
1hr 45min

Food choice & food provenance

Extend knowledge of reasons for choice and understanding of issues raised by production & processing of Food.

Practical

NEA2- 4 Trial dishes showing wide range of complex skills.

Practical

NEA2- 3 dishes in 3 hours. Dishes presented with a high degree of finesse showcasing skills. Dishes dovetailed with detailed planning and evidence of good health & safety standards.

Food Preparation task- NEA2

Portfolio of evidence on topic set by exam board. 20 hours, 35% Final grade.

Practical

NEA1- small scale science investigations.

Food Investigation task (Science)- NEA1

2000 word essay on food science topic set by exam board. 10 hours, 15% Final grade.

Practical

MOCK NEA2 - Trial dishes, 3 dishes in 3 hours.

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Food science

Methods of heat transfer - conduction, convection & radiation.

Practical

MOCK NEA1- investigations.

Food Science

Develop understanding of aeration, plasticity, shortening, emulsion, denaturation, coagulation, making of foams, gluten development, dextrinisation, caramelisation, gelatinisation.

Food safety

Detailed knowledge of pathogenic and non-pathogenic microorganisms, sources, uses, ways to control. Food spoilage.

Food science

Know the chemical structure, function & uses of fat, protein & carbohydrates.

Practical skills

11 raising agents, 12 setting mixtures.

Practical skills

9 Tenderise & marinate, 10 Dough. Adapting & choosing own recipes.

Diet & Health

Know relevant deficiency diseases, health related diets and special diets.

Practical skills

7 Prepare, combine & shape. 8 Sauce making. Adapting & choosing own recipes.

Micronutrients

Know the sources, function, effects of excess & deficiency of Fat soluble vitamins, water soluble vitamins and minerals.

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Healthy Eating

Extend understanding of healthy eating guidelines, energy balance, & food groups.

Practical skills

1 General, 2 & 3 Knife skills, 4 Use of the cooker, 5 use of equipment, 6 cooking methods.

Macronutrients

Know the sources, function, effects of excess & deficiency of fat, protein & carbohydrates.

KS4

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Practical
Raising agents - Steam (Choux Pastry), whisking, use of electrical equipment.

Food Provenance
Develop understanding of sugars & food processing.

Practical
Scientific investigations - raising agents- chemical

Food Choice
Develop understanding of food choices- cultural, ethical, medical.

Practical
Shortening effect - Shortcrust pastry. Rolling out, shaping & lining tins.

Provenance- Farming
Where does our food come from? Types of farming- intensive, free range, organic. Environmental consequences.

Practical
Using the hob & grill, multitasking. Handling & shaping wet mixtures. Reduction and starch based sauces.

Healthy Eating
Energy needs & balance, obesity & associated health risks.

Practical
Precision & accuracy with knife skills. Roasting, using the oven.

Food science
Develop knowledge of gelatinisation, reduction and emulsion sauces.

Practical
Science investigation- enzymic browning.

Healthy Eating
Alternative proteins- beans & mycoproteins.

Practical
Adapting recipes, kneading, proving, breadmaking.

Food science
Develop knowledge of gluten, raising agents and microorganisms.

Practical
Knife skills, frying, use of non stick pans. Using the hob.

Provenance- Farming
Where does our food come from? Types of farming- arable, mixed, animal.

Practical
Working with meat, reduction sauce, seasoning. Using the hob.

Healthy Eating
Develop understanding of food groups, nutrients and proportions.

Practical
Rubbing in & rolling out. Reminder of kitchen environment. Using the oven.

Health & safety in the kitchen
Develop understanding of the 4 C's - Clean, Cook, Chill, cross-contaminate.

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Practical
Creaming method, estimating & consistency

Food science
Develop knowledge of plasticity & aeration.

Practical
Sensory evaluation, exploring new tastes.

Healthy Eating - Fibre
Extend knowledge of healthy eating and the digestive system.

Practical
Grating, recipe adaption, rolling out.

Provenance- Seasonality
Where does our food come from? Environmental issue in food production.

Practical
Weighing & measuring. Rubbing in method, using the oven.

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Health & safety in the kitchen
Develop understanding of basic safety rules of hygiene & equipment.

Practical
Knife skills, Introduction to kitchen environment. Using the hob.

Healthy Eating
Develop understanding of basic healthy eating guidelines and the Eatwell Guide.