



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	<p>Knowledge and skills</p> <p>Basic nutrition/eatwell guide/guidelines Nutritional needs throughout life Food choices – medical conditions Food choice – Vegetarians</p>	<p>Knowledge and skills</p> <p>Commodities – Cereals</p> <ul style="list-style-type: none"> • Pastry • Sauces • Pasta • rice 	<p>Knowledge and skills</p> <p>Proteins – functions and sources/HBV/LBV/complementation Commodities – Milk Commodities – Cheese Commodities – Yoghurt and cream</p>	<p>Knowledge and skills</p> <p>Commodities – Fats</p> <ul style="list-style-type: none"> • Functions and sources • Fats vs oils • Saturated vs unsaturated <p>Commodities – Sugars</p> <ul style="list-style-type: none"> • Impact on health/artificial sweeteners • Types and functions • Nutritional labelling 	<p>Knowledge and skills</p> <p>Vitamins and minerals/fat soluble/water soluble Commodities – Fruits and vegetables</p> <ul style="list-style-type: none"> • Classification • Importance and benefits • Seasonality and fair trade • Cooking/processing • Storage/preservation • Herbs and spices 	<p>Knowledge and skills</p> <p>Summer project foods around the world. NEA2 preparation. Research – moodboard/questionnaire/survey Trialling Choice of dishes/analysis of ideas Time plan Evaluation</p>
10	<p>Knowledge and skills</p> <p>Recap nutrition/eatwell guide/guidelines Commodities – meat, fish and eggs Animal welfare Nutritional value Meat cuts Composition and cooking Secondary processing</p>	<p>Knowledge and skills</p> <p>Commodities – meat, fish and eggs continued Storage/cross contamination/bacteria Sustainability Buying and storing Eggs; structure and functions Types of farming preservation</p>	<p>Knowledge and skills</p> <p>Soya, tofu, nuts and seeds Novel sources of proteins Raising agents – steam, yeast, CO2 Fermentation</p>	<p>Knowledge and skills</p> <p>Food spoilage – enzymes/moulds/yeast Food safety/storage/contamination Food waste Types of Preservation Tech development Additives</p>	<p>Knowledge and skills</p> <p>New foods – hydroponics Functional foods Convenience foods Sensory analysis Types of tests/fair tests</p>	<p>Knowledge and skills</p> <p>Summer project NEA2 preparation Research – moodboard/questionnaire/survey Trialling Choice of dishes/analysis of ideas Time plan Evaluation</p>
11	<p>Knowledge and skills</p> <p>NEA1 preparation and completion Aim/research/hypothesis/ Method/results/evaluation/ conclusion</p>	<p>Knowledge and skills</p> <p>NEA2 preparation – teaching of the topic associated with the released theme Research</p>	<p>Knowledge and skills</p> <p>NEA2 continued Trialling Write ups</p>	<p>Knowledge and skills</p> <p>NEA2 continued Write ups Selection of three dishes Time plan 3 hour practical exam Evaluation</p>	<p>Knowledge and skills</p> <p>Re-teaching of topics Revision Exam questions</p>	