

• **Autumn Term**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	HALF TERM
Topic	Topic: Eatwell Guide Safe and hygienic practice		Topic: Protein HBV/LBV		Topic: Protein denaturation and coagulation		Topic: Gluten formation	Topic Gluten formation	
Challenge Objective and Content (for all learners)	1.Introduction to course and expectations (1a)- Baseline test CQ: What do I need to know to be successful? 2. Eatwell guide (1b) CQ: Why is a healthy, balanced diet important?	3. What is enzymic browning? FPT: Fruit experiment 4. CQ: What is safe and hygienic practice in Food? Demonstration of recipe + Practical Apple tarte tatin/ stir fry (Free cook form 2025/26 END OF YEAR?) CQ: How do I make a dish that meets the Eatwell guide, is made safely and hygienically and demonstrates skill?	1. CQ: What is protein and why is important in the diet? 2. CQ: What is protein complementation?	3. CQ: Why is fish important in the diet? Demonstration of recipe + Practical –Fish pie/ fish cakes/fish fingers	1. CQ: What is protein denaturation? + marinating 2. CQ: What is protein coagulation?-	3. Food safety – exam practice Demonstration of recipe + Practical Pastry Quiche/ tomato and basil tart	1-2. CQ: What is the best flour to make bread? 3. FPT Bread experiment - changing flour	4. CQ: What are the scientific principles of making bread? Demonstration of recipe + Practical –Bread rolls- Brioche, Chelsea buns, cinnamon rolls, focaccia, etc	
	Inspire Opportunities- Homework/ theory topics	IQ: How can I adapt a dish to suit nutritional need? Homework- Introduction to Seneca revision- Food poisoning and bacteria + Eatwell guide	IQ: What are LBV and HBV proteins? Homework - Protein		IQ: How can vegans/ vegetarians ensure they consume adequate protein? Seneca - Protein		IQ: How can I identify and prevent faults in breadmaking? Homework/ revision: Seneca - Carbohydrates		
	Assessment Opportunities	Teacher Assessment (TA) - Baseline written assessment Baseline practical.	Verbal Feedback (VF), Teacher VF/ Responding to Feedback Online quiz for homework		Verbal Feedback (VF), Teacher VF/ Responding to Feedback Online quiz for homework		Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework		

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	CHR – STM
Topic	Topic: Primary and secondary processing	Topic: Carbohydrates	Topic: Gelatinisation	Topic: Caramelisation and dextrinisation Heat transfer	Topic: Raising agents	Topic: Exam preparations	

NB. Written to work in conjunction with the AQA scheme of learning - (linked lesson): https://filestore.aqa.org.uk/resources/food/AQA_8585-FOOD-PREP-YR10-SOW.PDF

Challenge Objective and Content (for all learners)	1. CQ: What is the difference between primary and secondary processing? 2. What are the functional and chemical properties of protein –gluten? Investigation- Doughballs What is the best bread to make flours?	1. CQ: What is the function of carbohydrates in the diet? Understand the definition, function, sources of carbohydrate. Explore effects of excess and deficiency. FPT - Practical- Demonstration of recipe + pasta - Ravioli	1. CQ: What is gelatinisation? Mini FPT–Investigation Roux/ bechamel sauce/ macaroni cheese 2. Exam question practise	1. What are the scientific principles related to carbohydrates, caramelisation and dextrinization? 2. CQ: Why is food cooked? Understand the different methods of heat transference FPT - Demonstration of recipe + Practical – Lasagne/ macaroni cheese/ tuna pasta bake	1. Raising agents (29) CQ: How do raising agents work? Understand the scientific principles underlying Chemical, physical, steam and mechanical raising agents. 2. CQ: What are raising agents? Importance of raising agents in baking.	FPT Demonstration of recipe + Practical- Yule log 2. Exam techniques (13) CQ: How do I answer different types of exam questions? Written assessment - Test knowledge and	
	Inspire Opportunities- Homework/ theory topics	IQ: What Environmental issues are linked to food processing? Homework/ revision: Food processing	IQ: What faults can occur in the processes covered this week? Homework/ revision: Food science			IQ: How can sugar consumption be reduced? Homework/ revision: Sugar	
	Assessment Opportunities	Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework		Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework			Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework Teacher Assessment (TA) Summative assessment- Exam paper

Term 2

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	HALF TERM
Topic	Topic: Raising agents – Biological	Topic: Raising agents – Mechanical and physical	Topic: Primary and secondary processing- Milk	Topic: Function of fat in the diet	Topic: Fats and oils- Shortening	Topics: Fats and oils- Emulsification	
Challenge Objective and Content (for all learners)	1. CQ: What are the scientific principles of biological raising agents? Mini FPT- Yeast experiment	1. CQ: What are the scientific, working characteristics of chemical and mechanical raising agents? Demonstration of recipe + Practical –choux pastry	1.CQ: What is the difference between primary and secondary processes? Mini FPT- Tasting cheese. Yogurt making	1. Fats and oils- Properties + nutrition (7-8) CQ: What is the difference between fat and oils? Understand the properties of fat and the functions of fat in a recipe Demonstration of recipe + Practical – Fruit tarts (creme anglaise)	2. The science behind fat in pastry. CQ: What is shortening- Investigation into fats in pastry 3. CQ: Why is fat important in the diet? Understand the properties of fat and the functions of fat in the diet. To understand the importance of eating a variety of different foods from the Eatwell Guide.	1.CQ: What are the scientific principles related to fats and oils? Shortening and plasticity Mayonnaise Demonstration of recipe + Practical – chicken pie/ apple turnovers	
	Inspire Opportunities- Homework/ theory topics	IQ: What faults can occur in the processes covered this week? Homework/ revision: Raising agents		IQ: What faults can occur in the processes covered this week? Homework/ revision: Food processing		IQ: What faults can occur in the processes covered this week? Homework/ revision: Food science	
	Assessment Opportunities	Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework		Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework		Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework Teacher Assessment (TA) Summative assessment- Exam paper	

	Week 1	Week 2	Week 3	Week 4	Week 5	EA ST ER
Topic	Topic: Water and fat soluble vitamins	Topic: Macronutrients	Topic: Minerals	Topic: Water and dietary fibre	Topic: Dietary needs for life stages	

NB. Written to work in conjunction with the AQA scheme of learning - (linked lesson): https://filestore.aqa.org.uk/resources/food/AQA_8585-FOOD-PREP-YR10-SOW.PDF

Challenge Objective and Content (for all learners)	1. Vitamins CQ: What are the function of micronutrients in the body? Understand the definition, main sources of vitamins and mineral. Explore effects of excess and deficiency. CQ: What is the function of micronutrients in the body? Understand the definition, main sources of vitamins and mineral. Explore effects of excess and deficiency.	1.CQ: Why does the body need energy? Understand physical activity, energy requirements, how energy is measured, Effects of energy deficiency or excess Demonstration of recipe + Practical- Roasted vegetable Soup and bread	1.CQ: What are the functions, sources effects of vitamins and minerals on the body? 2.CQ: What is the relationship between diet and health? Diet related diseases and prevention. Adapting a recipe to improve dietary value.	1.CQ: What is the function of fibre in the diet? Understand the definition, main sources of fibre. Explore effects of excess and deficiency. Demonstration of recipe + Practical- Carrot cake	1.CQ: How dietary needs different at different life stages? Understand the importance of consuming the right diet at different stages of life 2.CQ: How can recipes be adapted to suit different life stages?	
	Inspire Opportunities- Homework/ theory topics	IQ: What are enzymes and how do they affect palatability of food? Homework/ revision: Micro-organisms	IQ: What effects does vitamin deficiency have on the body? Homework/ revision: Food safety and hygiene	IQ: What functions doe sugar perform in a recipe? Homework/ revision: cultural and celebration food		
	Assessment Opportunities	Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework	Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework	Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework		

Summer Term

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM	
Topic	Topic: Foams	Topic: Specific dietary groups	Topic: Conduction, convection and radiation	Topics: Sensory evaluation	Topic: Cooking methods and Knife skills	Topic: Food and the environment	Topic: Food provenance		
Challenge Objective and Content (for all learners)	1.CQ: What are the function of ingredients used to make foams. 2. CQ: How do I conduct a food investigation task? Mini FPT- Investigation- Foams- Meringue Demonstration of recipe + Meringues	1.CQ: What factors affect and influence what we eat? Understand lifestyle, diet, religion, morals, ethics, environment, time, culture, etc affect diet 2. CQ: What health conditions are linked to an unhealthy diet? 1. CQ: what are the nutritional needs at different life stages? - analysis of meals task. Vegan, vegetarian, coeliac, reduced fat, lactose intolerant, low salt, low sugar diets.	1.What is Heat transfer? Conduction, convection and radiation. 2. CQ: Why do we cook food? Demonstration of recipe + Savoury dish suitable for a teenager that meets the eatwell guide- e.g. Jambalaya, spicy bean stew, bean cobbler.	1.CQ: What is sensory analysis? What are the methods of carrying out a sensory analysis? Tasting- crisps 2.CQ: How could you improve the sensory properties of a dish?	1. CQ: Why are knife skills important? 2.CQ: Meat- What parts of an animal are eaten? Demonstration of recipe + Chicken deboning- Marinading- Chicken wings- Freeze remainder of chicken for next lesson.	1. CQ: What are the environmental issues surrounding food? 2.CQ: What are the advantages of local food?	1.CQ: How is food processed? Understand how food is grown and reared. 1. Food processing CQ: What is primary and secondary food processing? Understand how food is processed. Demonstration of recipe + Chicken deboning 2 – Chicken pie		
	Inspire Opportunities- Homework/ theory topics		IQ: What health conditions are linked to an unhealthy diet		IQ: How can I prepare recipes that demonstrate skill and save money?		IQ: How can food waste be a problem?		
	Assessment Opportunities		Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework		Verbal Feedback (VF), Self-Assessment (SA), Online quiz for homework				

	Week 1	Week 2	Week 3	Week 4	Week 5	SUMMER
Topic	Topic: Local and global market	Topic: Time plans	MOCK PRACTICAL EXAM	Topic: Evaluation	Topic: Technological developments	

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Challenge Objective and Content (for all learners)	1.CQ: What is food security? 1.CQ: How do I revise for FPN? Teacher led revision of topics covered this year.	1. Written exam assessment- Exam paper NEA 2 MOCK- Brief. To showcase a range of technical skills to produce a range of dishes suitable for serving as part of a brunch or afternoon tea party. To manage time effectively develop skills in time management 2.CQ: How do I write a time plan? Practical- Assessment- Lemon meringue pie 3.Topic: Sensory analysis and Evaluation of free cook CQ: Why is important to taste food?		1. CQ: How do technological developments help to support health and the food industry? 2.CQ: How can I prepare for year 11 and the NEAs?
	Food safety certification level 2		Food safety certification level 2	Food safety certification level
	Summative feedback given to students following NEA deadline- VF and SA opportunity to set targets for end of year 10 / yr. 11.		Summative feedback given to students following Exam- VF and SA opportunity to set targets for end of year 10 / yr. 11.	
Inspire Opportunities				
Assessment Opportunities				