

Long Term Plan: [Year 7] [subject Food] - Healthy Eating Key: Practicals

Term 1	W.C 05/09/22	W.C 12/09/22	W.C 19/09/22	W.C 26/09/22	W.C 03/10/22	W.C 10/10/22	W.C 31/10/22	W.C 07/11/22	W.C 14/11/22	W.C 21/11/22	W.C 28/12/22	W.C 05/12/22	W.C 12/12/22	W.C 19/12/22
	Healthy eating	Healthy eating	Healthy eating	Healthy eating	Healthy eating	Healthy eating	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide
	Introduction, Hygiene and safety Home work - certificate	Baseline	Whole class feedback	Personal Hygiene H/W - Equipment challenge	Knife safety Time to write	Fruit salad	Introduction to eatwell guide	Fruit and vegetables group	Carbohydrate group Time to write	Weighing and measuring practical	Pizza toast	Assessment - 2	Whole class feedback	Fruit cake
Term 2	W.C 02/01/23	W.C 09/01/23	W.C 16/01/23	W.C 23/01/23	W.C 30/01/23	W.C 06/02/23	W.C 20/02/23	W.C 27/02/23	W.C 06/03/23	W.C 13/03/23	W.C 20/03/23	W.C 27/03/23	W.C 17/04/23	
	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide	Eatwell guide	Food spoilage	Food spoilage	Food spoilage	Food spoilage	Food spoilage	
	Protein section of the Eatwell Guide	Vegetarian linked to protein	Vegetable curry	Dairy section of the Eatwell Guide	Spicy tomato soup	Fats and Oils section of the Eatwell Guide Time to write	Tea cake challenge	Fats and Oils section of the Eatwell Guide	Food storage	Life of bacteria	Food spoilage Time to write	Assessment - Food temperatures	Whole class feedback	
Term 3	W.C 24/04/23	W.C 01/05/23	W.C 08/05/23	W.C 15/05/23	W.C 22/05/23	W.C 05/06/23	W.C 12/06/23	W.C 19/06/23	W.C 26/06/23	W.C 03/07/23	W.C 10/07/23	W.C 17/07/23		
	Practical skills	Practical skills	Practical skills	Practical skills	Practical skills	Fairtrade and locally sourced	Fairtrade and locally sourced	Fairtrade and locally sourced	Fairtrade and locally sourced	Fairtrade and locally sourced	Fairtrade and locally sourced	Fairtrade and locally sourced		
	Scone based pizza Presentation	Courgette and cheese muffins Shaping	Tuna pasta bake boiling	Meatballs Shaping and reduction sauce	Traffic light system	Fairtrade foods Time to write	End of term assessment	Whole class feedback	Banana bread Fairtrade ingredients	Locally sourced foods	food miles Time to write	Where our foods come from in readiness for year 8		

Long Term Plan: [Year 8] [subject Food] - Where does our food come from?

T e r m 1	w.c 05/09/22	w.c 12/09/22	w.c 19/09/22	w.c 26/09/22	w.c 03/10/22	w.c 10/10/22	w.c 31/10/22	w.c 07/11/22	w.c 14/11/22	w.c 21/11/22	w.c 28/11/22	w.c 05/12/22	w.c 12/12/22	w.c 19/12/22
	Introducti on to Y8	Practical Skills	Practical Skills	Practical Skills	Practical Skills	Practical Skills	Food sources	Fruit/Veg	Fruit/Veg	Fruit/Ve	Fruit/Veg	Fruit/Veg	Fruit/Veg	Fruit/Veg
	Baseline assessment hygiene and safety	summati ve assessment	Fruit salad	Pizza toast	Flapjack	Pasta ragu	Plant Vs Animal	Fruit or a veg?	Micro nutrients Time to write	Veg stir fry	Samosa	Plant salad	Assessme nt - 2	summati ve assessment
T e r m 2	w.c 02/01/23	w.c 09/01/23	w.c 16/01/23	w.c 23/01/23	w.c 06/02/23	w.c 20/02/23	w.c 27/02/23	w.c 06/03/23	w.c 13/03/23	w.c 20/03/23	w.c 27/03/23	w.c 17/04/23		
	Wheat	Wheat	Wheat- Practical	Wheat	Wheat	Wheat	Meat	Meat	Meat	Meat	Meat	Meat		
	What is gluten	Focaccia Bread	Gluten ball experime nt	Allergy vs Intoleran ce	Time to write	Presentat ion teacake challenge	Meat identifica tion	Chicken nuggets	Meat and religion	Keema Chilli	Chicken curry	Meat and religion extended writing/ Time to write		
T e r m 3	w.c 24/04/23	w.c 01/05/23	w.c 08/05/23	w.c 15/05/23	w.c 22/05/23	w.c 05/06/23	w.c 12/06/23	w.c 19/06/23	w.c 26/06/23	w.c 03/07/23	w.c 10/07/23	w.c 17/07/23		
	Eggs	Eggs	Eggs	Eggs	Fish	Fish	Fish	Fish	Food science	Food science	Food science	Food science		
	egg identificat ion	Spanish tortilla	Types of egg productio n	Function of eggs	Types of Fish	Filleting/ coating of fish and pan frying	End of term assessment	Fish curry	summati ve assessment	Raising agents investigat e	Dextrinis ation practical - toast	Enzymic browning in readiness for year 9		

	What is milk?	Nutrients of milk	Milk tasting	Primary and secondary processing	Butter making and flavouring	Primary and secondary processing	nutritional value of cheese	Cheese making	End of term Assessment	Whole class feedback	Nutritional value of yoghurt	Yoghurt presentation practical	
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Long Term Plan: [Year 10] [subject Food] - GCSE Food Preparation and Nutrition Key: Practicals

	w.c 05/09/22	w.c 12/09/22	w.c 19/09/22	w.c 26/09/22	w.c 03/10/22	w.c 10/10/22	w.c 31/10/22	w.c 07/11/22	w.c 14/11/22	w.c 21/11/22	w.c 28/11/22	w.c 05/12/22	w.c 12/12/22	w.c 19/12/22
	Year 9 practicals which were missed	Year 9 practicals which were missed	Year 9 practicals which were missed	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry	Commodity 4 - Meat, fish and poultry
Term 1	Introduction to year 10 and the new GCSE Milk tasting and alternatives Sensory evaluation	Butter making Address misconceptions from Dairy commodity	Cheese making Yoghurt presentation practical Evaluation of aesthetic appeal	Meat identification Farm to fork Cuts of meat	Types of meat cooking meat Frying vs grilling	Assessment of meat Spaghetti bolognese	Nutritional values of meat x2 lessons Feed forward Chicken stir fry	Vegetarianism protein alternatives Spicy bean burger	Types of fish - Olly, White, Shell x2 lessons Fancy fish fingers	How to gut and fillet a fish Demonstration Cooking techniques for fish	Fish cake Sustainability and locally sourced.	Assessment Planning for presentation Plating presentation techniques	Feed forward	Evaluation of presentation methods
Term	w.c 02/01/23	w.c 09/01/23	w.c 16/01/23	w.c 23/01/23	w.c 30/01/23	w.c 06/02/23	w.c 13/02/23	w.c 27/02/23	w.c 06/03/23	w.c 13/03/23	w.c 20/03/23	w.c 27/03/23	w.c 17/04/23	

m 2	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Commodity 1 - Cereals	Food science	Food science	Food science
	What are cereals? Granola bar	Staple foods Flour into pasta	Primary and secondary processing of wheat	Primary and secondary processing of wheat	Gluten intolerances Bread practical	NEA 1 investigation into sugar	NEA 1 investigation into sugar	NEA 1 investigation into sugar	NEA 1 investigation into sugar	Assessment NEA 1 investigation into sugar	Feed forward NEA 1 investigation into sugar	NEA 1 investigation into sugar	NEA 1 investigation into sugar
T e r m 3	w.c 24/04/23	w.c 01/05/23	w.c 08/05/23	w.c 15/05/23	w.c 22/05/23	w.c 05/06/23	w.c 12/06/23	w.c 19/06/23	w.c 27/06/22	w.c 03/07/23	w.c 10/07/23	w.c 17/07/23	
	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	commodity 6 Butter,oil, margarine, sugar and syrup	
	Butter vs Margarine Nutritional values Butter/margarine tasting session	What is oil? Making an emulsion mayonnaise	Fat soluble vitamins functions of the vitamins Tasting session of fat soluble vitamin foods	Fat based cooking methods Fortification	Types of pastry x 2 lessons Shortcrust pastry	Types of pastry continued Apple tart	Assessment ICT room needed from now - What is sugar? Where does sugar come from?	Assessment Feed forward chemical composition of sugar nutritional benefits of sugar	How to make a caramel Alternatives to sugar - sweeteners Cupcake practical investigation Taste test	Investigate the properties of sugar vs sweetener Analysis of results Evaluation	What did you find out from your investigation? Analysis of results Evaluation	Self assessment against NEA 1 criteria.	

Long Term Plan: [Year 11] [subject Food] NEA 2 and Revision

	W.C 05/09/22	W.C 12/09/22	W.C 19/09/22	W.C 26/09/22	W.C 03/10/22	W.C 10/10/22	W.C 31/10/22	W.C 07/11/22	W.C 14/11/22	W.C 21/11/22	W.C 28/11/22	W.C 05/12/22	W.C 12/12/22	W.C 19/12/22
T e r m 1	NEA skills	NEA skills	NEA skills	NEA 1 Skills	NEA 1-15% of GCSE NEA 1	NEA 1	NEA 1	NEA 1	NEA 1	NEA 1	NEA 1	NEA 1	NEA 1	NEA 2 35% of GCSE
	Introduction/welcome back ICT research skills x 3 lessons	Trial dish Make an emulsion - potato salad Write up trial dish	Trial dish - Fillet a fish - Frying method Write up trial dish	Trial dish - Pasta making Write up trial dish	NEA 1 Introduction to brief	NEA 1 Research into task - Hypothesis and planning of investigations	NEA 1 Research into task - Hypothesis and planning of investigations	Recall - Exam prep	PPE written exam	PPEs Mock Practicals x 3 groups Seneca based learning in line with task	Investigation 1	Investigation 2 and 3 Investigation 1	Feed forward. Results and conclusions to practical investigations	Introduction to NEA 2 topic Introduce Brief Analyse the task
T e r m 2	W.C 02/01/23	W.C 09/01/23	W.C 16/01/23	W.C 23/01/23	W.C 30/01/23	W.C 06/02/23	W.C 20/02/23	W.C 27/02/23	W.C 06/03/23	W.C 13/03/23	W.C 20/03/23	W.C 27/03/23	W.C 17/04/23	
	NEA 2	NEA 2	NEA 2	NEA 2	NEA 2	NEA 2	NEA 2	NEA 2	Revision	Revision	Revision	Revision	Revision	
	Research	Research	Research	Identify 3 dishes and relate to task x2 lessons Reasons for choice x 1 lesson	Time plan x 3 lessons	NEA 2 exam x 3 groups Evaluation and catch up	Nutritional analysis and conclusions		Gaps from year 9 Nutrition cooking Food poisoning	Gaps from year 9 Functions of ingredients	Gaps from year 9 Moral and social issues relating to food	Gaps from year 10 Methods of cooking	Gaps from year 10 Food poisoning	

				Nutritional analysis											
T e r m 3	W.C 24/04/23	W.C 01/05/23	W.C 08/05/23	W.C 15/05/23	W.C 22/05/23	W.C 05/06/23	W.C 12/06/23	W.C 19/06/2	W.C 26/06/23	W.C 10/07/23	W.C 17/07/23				
	Revision	Revision	Revision	Revision	Revision	Revision	Revision Final Exam 50% of GCSE	Revision	Study leave	Study leave	Study leave				
	Gaps from year 10	Gaps from year 10	Exam writing techniques	Exam writing techniques	Food fortification and modification	Dietary needs of different age groups	Food labelling and influences of marketing	Food fortification and modification							