

Year	End point	Key knowledge	Key skills	Key Vocabulary	Reading and Oracy	Numeracy	Common Misconceptions
Year 7 Term 1 24/25 Year... Year 7; 10...	To understand The four Cs To be able to categorise food into the 5 food groups of the Eatwell Guide	Hygiene and Safety	Basic Knife Skills Weighing and measuring accurately Use of the hob and the cooker Rubbing in Method Food Spoilage Creaming Method Reduction sauce High risk foods safe cooking	Bridge hold Claw grip Bacteria Cross-contamination Protein Carbohydrates Dairy(minerals) Fruit and vegetables (vitamins) Fats and oils	The four Cs The Eatwell Guide	Weighing and measuring Measurement Percentages and fractions	To understand the difference between a tea towel and a washing cloth To understand why we wash up and dry up as bacteria need warmth moisture, food and time to multiply
Year 8 Term 1,2 24/25 Year... Year 8 ; 1...	Nutritional Needs and Health	To understand the building blocks of Macronutrients their Function And the results of an Excess or deficiency	Range of Knife skills Bread Based Pizza Reduction sauce (bolognese) Chickpea Burgers Baking/Creaming Rubbing in /rolling out Use of Hob Roux Sauce Use of specialist equipment	Contaminant Macronutrients Amino acids Saccharides Fatty acids Obesity Kwashiorkor Excess Deficiency Malnourishment	Protein Fat Carbohydrates	Accurate weighing and measuring Key temperatures Percentages and fractions	To understand the difference between macro and micronutrients To understand the difference between deficiency and malnourishment

Year 8 Term 3,4 24/25 SOW Year 8 Food	To understand and appreciate the nutritional needs of ourselves and others. To be able to adapt recipes to suit the nutritional needs of ourselves & others	The function of nutrients and the effect of an excess of deficiency People's nutrition requirements vary	Time & temperature control Weighing & measuring Whisking Rubbing in Melting	P.A.L - B.M.R - CHD Type 2 Diabetes - Obesity	Recipe cards - Guided reading (Fibre - PAI - Life stages)	Accurate weighing and measuring Key temperatures Timings	That everyone has the same nutrition needs
Year	End point		Key skills	Key Vocabulary	Reading and Oracy	Numeracy	Common Misconceptions
Year 9 Term 1,2 <input type="checkbox"/> 24/25 Year...	Functional and Chemical Properties of Food	Gelatinisation Coagulation Food Science	Roux sauce Pancakes Shortcrust Pastry	Coagulation Gelatinisation Shortening	Gelatinisation	Percentages Weighing Measuring Timing Temperatures	That gelatinisation involves gelatin That a gel is the same as jelly
Year 9 Term 3,4 24/25 SOW Year 9 Food <input type="checkbox"/> 24/25 Year...	Factors affecting Food Choice	Pathogenic Bacteria Food Choice Vegetarians / Vegans Religion Food allergies Marketing and Labelling	High Risk Foods Vegetable Muffins High Fibre Brownies Stir frying Vegetarian Food Religious Foods	Pathogenic Contamination CHD Diabetes Obesity	Vegetarian Vegan	Percentages Weighing Measuring Timing Temperatures	That all bacteria are harmful to our health Confusing conduction and convection

Year	End point		Key skills	Key Vocabulary	Reading and Oracy	Numeracy	Common Misconceptions
Year 10 Term 1 <input type="checkbox"/> Year 10 S... <input type="checkbox"/> 24/25 Year...	Nutrients	The function sources and effects of an excess or deficiency and the amount of nutrients needed every day	Use of electrical equipment Making pasta Shaping dough Breeding (panne)	Protein Fat Carbohydrate Minerals Vitamins Macro Micro nutrients		Percentages Weighing Measuring Timing Temperatures	Nutrients and Eatwell Guide are the same (Carbs 50% of energy)
Year 10 Term 2 24/25 SOW Year 10 Food Draft	Nutritional Needs and Health Mock NEA 1	What is a healthy balanced diet for different ages and stages How to interpret nutritional information.	Designing a balanced meal Adapting meals for people with health related diseases Raising agents	Osteoporosis Coronary Diabetes Anaemia		Percentages Weighing Measuring Timing Temperatures	That fat is bad for us That steam is a chemical raising agent
Year 10 Term 3	Functional and Chemical Properties of Food	What different ingredients do in recipes what happens to the appearance, colour, texture and flavour of food when cooked Why raising agents are used and how they	Roux sauce Marinading Mayonnaise Hygiene & safety Correct food storage	Caramelization Dextrinization Coagulation Denaturation Gelatinisation Emulsification Plasticity Aeration Shortening		Percentages Weighing Measuring Timing Temperatures	That gelatinisation involves gelatin That a gel is the same as jelly That denaturation only happens though heat

		work.					
Year 10 Term 4	Cooking of Food and Heat Transfer	The reasons w food is cooked, different heat transfer methods How to stop nutrients being lost	Presentation skills Boiling Roasting Frying Deep fat frying Steaming Simmering	Convection Conduction Radiation Microwaves		Percentages Weighing Measuring Timing Temperatures	Confusing conduction and convection Knowing the difference between steaming/simmering/boiling
Year 10 Term 5	Mock NEA 2 International cuisine	The influence of traditional cuisines around the world on food choice	How to conduct NEA2 Primary & secondary research IT skills Analysing Recording results Taste testing	Brief Analyse Research		Percentages Weighing Measuring Timing Temperatures	That NEA 2 is a practical Assesment . The cooking is 3 hours of a 20 hour assessment.
Year 10 Term 6	Food provenance Primary & secondary processing Food & environment	Where and how ingredients are grown caught and reared GM foods Seasonal foods Organic farming	Secondary food processing (jam, butter, pasta, yoghurt, bread)	Seasonal Harvest GM foods Organic Environment Farming Gathering		Percentages Weighing Measuring Timing Temperatures	That GM foods are bad That all bacteria are harmful to our health
Year 11 Term 1 24/25 SOW Year 11 Food (Draft)	NEA 1 What is a starch based sauce (22/23)	Starch based sauces	Roux Sauce Blended Sauce All in One Choux Pastry	Gelatinisation Steam as a raising agent	Food science glossary	Key temperatures Viscosity charts Bar charts Star diagrams	That gelatinisation involves gelatin That a gel is the same as jelly

Year 11 Term 2	Revision Macro and Micro Nutrients	The function sources and effects of an excess or deficiency and the amount of nutrients needed every day	Investigation and analysis NEA1 Primary & secondary research IT skills Analysing Recording results Taste testing	Protein Fat Carbohydrate Minerals Vitamins Macro Micro nutrients	Command words and genre of questions in exam .	Percentages Weighing Measuring Timing Temperatures	A hypothesis has to be correct.
Year 11 Term 3	Revision Nutritional Needs and Health Nea 2	What is a healthy balanced diet for different ages and stages? How to interpret nutritional information.	How to conduct NEA2 Primary & secondary research IT skills Analysing Recording results Taste testing	Osteoporosis Coronary Diabetes Anaemia	Command words and genre of questions in exam	Percentages Weighing Measuring Timing Temperatures	That stir frying and steaming cause vitamins to be destroyed
Year 11 Term 4	Revision Cooking of Food and Heat Transfer Nea 2	The reasons why food is cooked different heat transfer methods How to stop nutrients being lost	Presentation skills Boiling Roasting Frying Deep fat frying Steaming Simmering	Convection Conduction Radiation Microwaves	Command words and genre of questions in exam	Percentages Weighing Measuring Timing Temperatures	
Year 11 Term 5	Revision Food provenance Primary & secondary	Where and how ingredients are grown caught and reared Gm foods	Secondary food processing (jam, butter, pasta, yoghurt, bread)	Seasonal Harvest GM foods Organic Environment	Data response question Structured question Free response	Percentages Weighing Measuring Timing Temperatures	That GM foods are bad That all bacteria are harmful to our health

	processing Food & environment	Seasonal foods Organic farming		Farming Gathering	question		
Year 11 Term 6	Exams Exam intervention Sessions	Demonstrate knowledge and understanding of nutrition ,food,cooking and preparation	Command words Close -ended (closed questions) Open ended (open questions)	Analyse Comment Compare Consider Contrast Define Describe Discuss Evaluate Examine Explain Identify Illustrate Justify Outline State Suggest summarise	Data response question Structured question Free response question	Data response questions	I am not allowed to underline keywords in the exam