

Subject: Food Preparation & Nutrition

Date	Exams/ Assess	Unit(s)
1/9/25		- Nutrition: the nutrients, functions and sources - The food groups & classification - Balanced diets
8/9/25		
15/9/25		
22/9/25		
29/9/25		
6/10/25		
13/10/25		
20/10/25		Food Commodity 1: Fruit & vegetables - Origins, production and processing - Classification - Advanced chopping skills - Nutritional values and role in diet - Minimising nutrient loss in fruit & veg when storing, preparing and cooking vegetables - Topical food issues relating to fruit & veg: organic; seasonality; genetically modified crops - Practical work to possibly include: - Vegetable Rubik's cube - Fresh fruit flan – focussing on presentation & food styling - Fajitas/stir fry/enchiladas - Apple pie - Carrot cupcakes. - Food Science investigation - Enzymic browning of fruit <u>Written assessment for unit 1</u> <u>Brief, plan and practical assessment for unit 1</u>
3/11/25		Food Commodity 2: Starchy Carbohydrates Foods - Cereal crops & staple foods - Origins, production and processing - Nutritional values and role in diet - Energy, energy balance, starch v sugar, glycaemic index - Effect of heat on starch - Functions and ratios of ingredients in baked products - Methods of cake making - Pastry: functions of ingredients in each; uses of each type in baking - Raising agents - Practical work to possibly include: - Risotto - Macaroni cheese or tuna pasta bake (roux sauce) - Different wheat based breads - Victoria sandwich cake - Chocolate swiss roll yule log - Short crust pastry mince pies - Choux pastry profiteroles
10/11/25		
17/11/25		
24/11/25		
1/12/25		
8/12/25		
15/12/25		
5/1/26		- Food Science investigation - suitability of different flours for bread making <u>Written assessment for unit 2</u> <u>Brief, plan and practical assessment for unit 2</u>
12/1/26		
19/1/26		
26/1/26		

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2/2/26		Food Commodity 3: Dairy Foods
9/2/26		- Origins, production and processing - Sensory analysis / profiles - Nutritional values and role in diet - Meal planning for particular groups & nutritional needs Technological developments in food processing - Practical work to possibly include: - Panna cotta & fruit coulis (setting by gelation) - frozen fruity yoghurt <u>Written assessment for unit 3</u> <u>Brief, plan and practical assessment for unit 3</u>
23/2/26		Food Commodity 4: Protein rich foods (meat, fish, eggs, nuts, seeds, beans, lentils, pulses)
2/3/26		
9/3/26		Origins, production and processing
16/3/26		The science of protein
23/3/26		Nutritional values and role in diet
30/3/26		Food safety, bacteria, cross-contamination
20/4/26		Food labelling
27/4/26		Quality assurance & traceability
4/5/26		Methods of cooking & heat transference
11/5/26		Effect of heat on protein
18/5/26		- Uses of eggs in cooking - Uses and processing of soya beans - Product development of Quorn. - Nutritional Values of plant protein foods – low biological values. - Complimentary action of plant protein foods. - Sensory analysis and types of taste test (in readiness for NEA1) - Vegetarians & dietary restrictions of some religious groups relating to meat consumption. - Practical work to possibly include with a focus on food styling in readiness for NEA2: - Portioning a whole chicken - Chicken kiev / roulades - French style chicken - Meatballs & pasta or burgers - Sweet and sour pork or chicken with egg fried rice - Filleting of fish – fish pie - Meringue roulade - Quiche - Bean burgers or mixed bean chilli stew
1/6/26		<u>Brief, plan and practical assessment for unit 4</u>
8/6/26		<u>Written assessment for unit 4</u>
15/6/26		
22/6/26		Unit 5: Fats & oils, sugars & syrups
29/6/26		Origins, production and processing
6/7/26		Types and classification
13/7/26		- The science of fats & oils - Nutritional values and role in diet - Health issues relating to fat and/or sugar <u>Food science investigation: mock NEA1 task</u>