

Date	Exams/ Assess	Unit(s)
1/9/25		• Introduction to Food - Identifying hazards, food hygiene and safety • Practical of Quesadillas • Bacteria, cross-contamination, 4 C's, preventing food poisoning • Safe use of basic kitchen equipment • Practical of fresh fruit salad – sharp knife introduction
8/9/25		
15/9/25		
22/9/25		
29/9/25		
6/10/25		
13/10/25		
20/10/25		
3/11/25		• The food groups and Eatwell guide • Practical of pasta salad • Fruit & vegetables theory • Sensory analysis of fruit
10/11/25		
17/11/25		
24/11/25		
1/12/25		
8/12/25		
15/12/25		
5/1/26		• Practical of potato wedges • Starchy carbohydrate foods: origins, storage, nutritional values • Practical of cookies & cream fridge cake
12/1/26		
19/1/26		
26/1/26		
2/2/26		
9/2/26		
23/2/26		• Dairy Foods: origins, storage, nutritional values • Practical of Bolognese sauce • Protein rich foods: origins, storage, nutritional values
2/3/26		
9/3/26		
16/3/26		
23/3/26		
30/3/26		
20/4/26		• Practical of banana, blueberry or summer fruit muffins • Fats & sugars theory: origins, types, uses in baking, health impacts
27/4/26		
4/5/26		
11/5/26		
18/5/26		• Practical of fairy cakes • Food Science investigation – sugar in cakes • Nutritional comparison of fairy cakes v muffins
1/6/26		
8/6/26		
15/6/26		
22/6/26		
29/6/26		
6/7/26		
13/7/26		