

Date	Exams/Assess	Food Preparation and Nutrition (1 lesson per fortnight)
1/9/25		- World Cuisines – trend in consumption and research into traditional dishes from some international cuisines - Practical of Indian or Thai curry - Food miles and carbon footprint - Key Marked Piece 1- Practical of Chinese Stir fry & noodles
8/9/25		
15/9/25		
22/9/25		
29/9/25		
6/10/25		
13/10/25		
20/10/25		
3/11/25		- Food poverty, security, wastage and sustainability - Practical of Greek no-bake cheesecake – focussing on food styling skills - Genetically modified food - Practical of breaded chicken or halloumi goujons
10/11/25		
17/11/25		
24/11/25		
1/12/25		
8/12/25		
15/12/25		- Key Marked Piece 2 – written assessment covering topics of cuisines and environmental food issues - Practical of Italian macaroni cheese (option of all-in-one or roux based sauce) - Nutrition: Macro & micronutrients; functions and sources of each
5/1/26		
12/1/26		
19/1/26		
26/1/26		
2/2/26		
9/2/26		- Key Marked Piece 3 - Practical of Chinese sweet and sour (blended method sauce) - Factors affecting nutritional requirements, diet and health - Practical of Italian meatballs (reduced sauce) and pasta
23/2/26		
2/3/26		
9/3/26		
16/3/26		
23/3/26		
30/3/26		- Factors affecting food choice and meal planning for special diets: religious dietary restrictions, food intolerances and vegetarians - Key Marked Piece 4 - Practical of Italian Lasagne
20/4/26		
27/4/26		
4/5/26		
11/5/26		
18/5/26		
1/6/26		- Key Marked Piece 5 - End of KS3 Written assessment - Practical of Vegan chocolate brownies - Modifying recipes
8/6/26		
15/6/26		
22/6/26		
29/6/26		
6/7/26		
13/7/26		