

National curriculum or specification coverage

- The principles and application of basic food hygiene and safety
- How foods can be classified according to the different food commodities.
- Learners should be able to use their knowledge of the current Eatwell guide: to understand and explain recommend guidelines for a healthy diet.
- Understand how to make informed choices about food and drink to achieve a varied and balanced diet.
- The general principles of nutrition: what are nutrients and the varying functions and main sources of: protein; carbohydrate; fat; vitamins; minerals; dietary fibre.
- For each food commodity learners need to know and understand: examples of foods within the commodity; the general nutritional value of the commodity within in the diet; features and characteristics of each commodity with reference to their correct storage to avoid food contamination; the origins of each commodity
- Use their testing and sensory evaluation skills, adjusting where needed, to improve the recipe during the preparation and cooking process.
- Explain, justify and present their ideas about their chosen recipes and cooking methods to others.
- Learners must be able to demonstrate some practical skills from the skill groups (listed in Appendix A of Eduqas GCSE Food Preparation & Nutrition Specification).

Date	Exams/ Assessments	Learning Intentions	Core Task/Assessments
31/08/26		• 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	Homework: Food safety & hygiene quiz
07/09/26			
14/09/26			
21/09/26			
28/09/26			
05/10/26			
12/10/26			
19/10/26			
26/10/26		HALF TERM	
02/11/26		• The food groups and Eatwell guide • Practical of pasta salad	Baseline assessment of practical skills
09/11/26			
16/11/26	Y7		

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23/11/26	Y7	- Fruit & vegetables theory - Sensory analysis of fruit	Homework: specific tasks to revise for written assessment
30/11/26			
07/12/26			
14/12/26			
21/12/26	CHRISTMAS HOLIDAY		
28/12/26			
04/01/27		- Practical of potato wedges - Written assessment & Starchy carbohydrate foods theory: origins, storage, nutritional values - Practical of cookies & cream fridge cake	Written assessment of food safety, hygiene, equipment, food groups & Eatwell Guide
11/01/27			
18/01/27			
25/01/27			
01/02/27			
08/02/27			Homework: Quiz on 2 food groups (fruit & veg and starchy carbs)
15/02/27	HALF TERM		
22/02/27		- DIRT written assessment & Dairy Foods: origins, storage, nutritional values - Practical of Bolognese sauce - Protein rich foods: origins, storage, nutritional values	Homework: Quiz on 2 food groups (dairy foods and protein rich foods)
01/03/27			
08/03/27			
15/03/27			
22/03/27			
29/03/27	SPRING BREAK		
05/04/27			
12/04/27		- Practical of banana, blueberry or summer fruit muffins - Fats & sugars theory: origins, types, uses in baking, health impacts - Summer term written assessment	Homework: specific tasks to revise for written assessment
19/04/27			
26/04/27			
03/05/27			
10/05/27			
17/05/27	Y7		Written assessment covering all topics
24/05/27	Y7		
31/05/27	HALF TERM		
07/06/27		Practical of fairy cakes	Overall assessment of practical skills
14/06/27			
21/06/27			

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28/06/27		• DIRT written assessment & Nutritional comparison of fairy cakes v muffins • Food Science investigation – sugar in cakes	
05/07/27			
12/07/27			