

Food Preparation and Nutrition

Key Stage 3

Year 7/8 Food Preparation and Nutrition (2025-2026)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	Orientation (Y7) Food Hygiene and Heat Transfer (Y8)	Where food comes from. Pastry and Carbohydrates	Carbohydrates (Pastry)	Fats and Protein	Vegetarianism Food from Other Cultures	Food around the World

Year 7/8 Food Preparation and Nutrition (2026-2027)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	Orientation (Y7) Food Hygiene and Heat Transfer (Y8)	Eat Well Guide Celebration cakes	Celebration Cakes	Healthy Eating	Bread Making	Take on the Takeaway Foods in season

Key Stage 4

Year 9/10 Food Preparation and Nutrition (2025-2026)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	Milk and Cheese	Cheese, Yogurt and Fats	Micro-nutrients	Sugar and Science of Food	Introduction to Course Work	Factors Influencing Food Choice

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Year 9/10 Food Preparation and Nutrition (2026-2027)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	Bread, Cereals, Flour, Potatoes, Oats Rice and Pasta	Bread, Cereals, Flour, Potatoes, Oats, Rice and Pasta. Meat and poultry Heat Transfer and Cooking Methods	Fish, Protein, Calcium and Vitamin D, Eggs	Eggs Meat Free Protein Alternatives Complimentary Proteins Religious Diets Vegetarianism	Making Meals for Special Dietary Requirements	Making Meals for Special Dietary Requirements (Medical)

Year 11

Year 11 Food Preparation and Nutrition (2025-2027)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	Olfactory System Taste Panels Working Characteristics and Functional Properties Knowledge and Skills for Assessment NEA1	Knowledge and Skills for Assessment NEA1 Introduction to the Knowledge and Skills for Assessment NEA2	Knowledge and Skills for Assessment NEA2	Knowledge and Skills for Assessment NEA2	Revision	Revision