

Year	Autumn	Spring	Summer
7	Food Hygiene <ul style="list-style-type: none"> Food Storage Personal hygiene 4°C Food Safety <ul style="list-style-type: none"> Temperatures Colour coded equipment Cross-contamination Food Nutrition and Health <ul style="list-style-type: none"> Eat well guide Introduction to nutrition Practical <ul style="list-style-type: none"> Use techniques in preparation and cookery of commodities 	Food Science <ul style="list-style-type: none"> Function of ingredients Enzymic browning Bread making Marinating Preparation and cookery methods Food Nutrition and Health <ul style="list-style-type: none"> Function of nutrients Macronutrients Micronutrients Practical <ul style="list-style-type: none"> Use techniques in preparation and cookery of commodities 	Food Health and Nutrition <ul style="list-style-type: none"> Nutrition Special diets Functions of ingredients Commodities Practical <ul style="list-style-type: none"> Use techniques in preparation and cookery of commodities
8	Food Hygiene Food Safety <ul style="list-style-type: none"> Critical food temperatures 	Food Science <ul style="list-style-type: none"> Changing properties of macronutrients (Carbohydrates) Methods of heat transfer 	Food Provenance <ul style="list-style-type: none"> Food waste Methods of reducing food wastage

	<ul style="list-style-type: none"> • Microorganisms and conditions for growth Food Nutrition and Health <ul style="list-style-type: none"> • Eat well guide • Introduction to nutrition 	<ul style="list-style-type: none"> • Functions of ingredients • Practicals • Use techniques in preparation and cookery of commodities 	<ul style="list-style-type: none"> • Types of farming (positives and negatives) Practicals <ul style="list-style-type: none"> • Use techniques in preparation and cookery of commodities
9	Food safety <ul style="list-style-type: none"> • Storage • Bacteria • Cross-contamination • Critical temperatures Food Choice <ul style="list-style-type: none"> • Factors that affect menu choice • Religion and cultural factors • Sensory analysis 	Food Nutrition and Health <ul style="list-style-type: none"> • Explore the role of the eat well guide • Macro Nutrients • Micronutrients • Specific dietary needs and requirements Food Provenance <ul style="list-style-type: none"> • Food and the environment • Food waste • Seasonal foods • Carbon footprint • Dietary requirements 	Food Science <ul style="list-style-type: none"> • Functional and Chemical properties of food (Carbohydrates, Fats and Protein) • NEA 2 Trial
10- Food Preparation and Nutrition	All things carbohydrates Food Health and nutrition <ul style="list-style-type: none"> • Nutrition • Planning for specific needs and requirements 	All things Protein Food Health and nutrition <ul style="list-style-type: none"> • Nutrition 	All things Fats Food Health and nutrition <ul style="list-style-type: none"> • Nutrition

	<ul style="list-style-type: none"> Adapting for special diets and allergies <p>Food Science</p> <ul style="list-style-type: none"> Changing properties Gelatinisation Dextrinisation <p>Food Provenance</p> <ul style="list-style-type: none"> Grown foods (organic farming) Primary and Secondary Processes 	<ul style="list-style-type: none"> Adapting for religious needs and requirements <p>Food Safety</p> <ul style="list-style-type: none"> Handling of high-risk foods Bacteria Conditions for bacterial growth and impact Cross-contamination (methods to reduce) <p>Food Science</p> <ul style="list-style-type: none"> Changing properties Marinating Enrobing <p>Food Provenance</p> <ul style="list-style-type: none"> Exploring ethical and moral factors affecting food choice <p>Animal welfare</p>	<ul style="list-style-type: none"> Adapting for medical and health concerns Energy intakes and measuring energy needs <p>Food science</p> <ul style="list-style-type: none"> Changing properties Shortening Plasticity Aeration Emulsification <p>Food Choice</p> <ul style="list-style-type: none"> Sensory profiling, exploring foods from around the world <p>Food Provenance</p> <ul style="list-style-type: none"> Primary and Secondary Processes Fortification
10- Hospitality and Catering	<ul style="list-style-type: none"> The structure of the hospitality and catering industry Job requirements within the hospitality and catering industry 	<ul style="list-style-type: none"> The operation of the kitchen The operation of front of house How hospitality and catering provision meet customer requirements 	<ul style="list-style-type: none"> Food safety and legislation Review option for hospitality and catering provision Recommend options for hospitality provision

	<ul style="list-style-type: none"> • Personal safety responsibilities in the workplace • Risks to personal safety in hospitality and catering • Use techniques in preparation and cookery of commodities • Nutrition 	<ul style="list-style-type: none"> • Use techniques in preparation and cookery of commodities • Nutrition 	<ul style="list-style-type: none"> • Use techniques in preparation and cookery of commodities • Nutrition
11- Food Preparation and Nutrition	<p>Food preparation and nutrition</p> <p>NEA 1: Food Science</p> <ul style="list-style-type: none"> • Explore and investigate specific ingredients • Experiments to prove or disprove the hypothesis • Evaluation to findings 	<p>Food preparation and nutrition</p> <p>NEA 2: Food Nutrition and Health</p> <ul style="list-style-type: none"> • Investigate design brief and content • Generating of design ideas • Demonstrating skills • Analysing and evaluating dishes • Final dish selection • Nutritional analysis • Evaluating 	
11- Hospitality and Catering	<p>NEA unit 2 brief</p> <p>Use techniques in preparation and cookery of commodities</p> <p>Unit 1 preparation: Hospitality and Catering Industry</p>	<p>HACCP and Bacteria types</p> <p>Job roles in hospitality and Catering</p> <p>Environmental factors linked to food and menu choices.</p> <p>NEA unit 2 brief</p>	<p>Plan the production of dishes to meet the needs of all customers</p> <p>Assessing customer needs.</p> <p>Use techniques in preparation and cookery of commodities.</p>

	Health and safety in the workplace	Use techniques in preparation and cookery of commodities	
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Curriculum Overview – Food and Nutrition- Easington.