Year	Autumn	Spring	Summer
7	• Food Hygiene • Food Safety • Nutrition • Use techniques in preparation and cookery of commodities.	• Food Science • Function of ingredients • Preparation and cookery methods • Nutrition • Use techniques in preparation and cookery of commodities.	• Nutrition • Special diets • Functions of ingredients • Commodities • Use techniques in preparation and cookery of commodities.
8	• Nutrition • Food Safety • Food Hygiene • Use techniques in preparation and cookery of commodities.	• Food Science • Commodities • Functions of ingredients • Cookery methods • Use techniques in preparation and cookery of commodities.	• Preparation Methods • Provenance & Sustainability • Use techniques in preparation and cookery of commodities
9	• Research products from a design brief • Special diets • How menu dishes meet customer needs • Plan production of dishes for a menu	• Research products from a design brief • Functions of macro nutrients in the human body • Compare nutritional needs of specific groups at different life stages.	• Research products from a design brief Food related causes of ill health • The role and responsibilities of the Environmental Health Officer (EHO) • Food safety legislation

	• Use techniques in preparation of commodities.	• Characteristics of unsatisfactory nutritional intake • How cooking methods impact on nutritional value • Use techniques in preparation of commodities	• Common types of food poisoning • The symptoms of food induced ill health. • Use techniques in preparation of commodities
10	• Core Focus: Carbohydrates—types, functions, food sources, and related food science (e.g. gelatinisation, dextrinisation, caramelisation). • Practical Skills: Bread rolls, choux pastry, layered cakes, pasties, Viennese whirls, and Christmas cake. • Scientific Investigations: Experiments on yeast, gluten, raising agents, and sugar types in cake making. • Assessment: Mid-term practical and written assessments covering food science, safety, choice, provenance, and nutrition.	• Core Focus: Proteins—functions, sources, HBV vs LBV, food safety, and food science (denaturation, coagulation, aeration). • Practical Skills: Includes deboning chicken, making goujons, Kievs, burgers, scotch eggs, panna cotta, pasta, and meringue foam. • Scientific Investigations: Covers protein functionality, sensory analysis, nutritional analysis, and food preservation techniques. • Assessment: Mid-term practical and written assessments focused on protein-based dishes and theory. • Ethics & Provenance: Explores vegetarian diets, farming methods, food labelling, and environmental impact of food production.	• Core Focus: Fats and micronutrients—types, functions, sources, health risks, and food science (shortening, aeration, emulsification, plasticity). Practical Skills: Includes sticky toffee pudding, sauces, jam and scones, Asian dishes, and NEA-style investigations (e.g. enzymic browning, scone experiments). • Scientific Understanding: Covers food preservation, fortification, technological developments, and processing techniques. Assessment: Full mock GCSE paper and NEA-style practical assessments with analysis and evaluation. • Research & Planning: Students conduct questionnaires, generate ideas, and plan dishes

			linked to cultural and dietary themes.
11	• **Core Focus**: Investigating chemical and functional properties of ingredients through practical experiments. **Assessment Structure**: Controlled assessment worth 15% of final grade, marked out of 30 across research, investigation, analysis, and evaluation. • **Practical Investigations**: Students complete three experiments linked to a chosen NEA brief, including sensory profiling and hypothesis testing. • **Research & Planning**: Learners analyse briefs, conduct research, write introductions, and plan investigations using AQA guidelines. • **Evaluation & Analysis**: Each investigation is followed by detailed write-ups, analysis and evaluations to justify findings.	• **Core Focus**: Students research the topic of their chosen coursework brief. • **Assessment Structure**: Controlled assessment worth 35% of final grade, marked out of 70 across research, practical skills, time plans, evaluations, and analysis. • **Practical Application**: Learners plan and prepare multiple dishes, demonstrating technical skills, sensory analysis, and nutritional improvements. • **Research & Planning**: Includes analysing briefs, conducting primary/secondary research, generating design ideas, and creating detailed time plans. • **Evaluation & Labelling**: Final evaluations include sensory feedback, traffic light food labels, and analysis of nutritional content.	• Continuation from Spring term and preparation for final exam.

Curriculum Overview – Food Technology- Teesdale.