

Term							
1	2		3	4		5	6
							Ext ras

**Key Stage 4**

<b>Year 10</b>	Intro to new course Theory and practicals to show knowledge and skills Eat well Guide HBV & LBV Proteins Carbohydrates Fats Micro & Macro nutrients Vitamins & Minerals	Nutritional Profile and Costing End of unit test on Nutrition Mini NEA Food Prep Task Healthy Choice Sensory Testing Mini NEA Analysis and Evaluation		Dietary Needs and Life Stages Young Children, Teenagers, Adults, Elderly Special Dietary needs Vegetarian, Coeliac, Lactose Intolerance, Reduced Sugar, Reduced Fat	Layered desserts Energy Needs – Healthy Lasagne for Teenagers Paired research and practical - The Big Six – Dietary Related Illnesses, Obesity, Cardiovascular, Bone health, Dental Health, Iron deficiency Anaemia, Type 2 Diabetes.		Heat Transfer into foods Functional and chemical properties Micro-organisms and Enzymes Food Choices Traditional Cuisines NEA Investigation Task Practice	
<b>Year 11</b>		NEA - Food Investigation Task (1 <sup>st</sup> Sept – 1 <sup>st</sup> Nov) Revision for mock paper 1 NEA – Food Preparation Task (1 <sup>st</sup> Nov – Feb half term)	<b>Christmas</b>	NEA – Food Preparation Task (1 <sup>st</sup> Nov – Feb half term) cont..... Core content of Food Preparation and Nutrition	Revision for mock paper 2	<b>Easter</b>	Revision	

