

**Food Preparation and Nutrition – Long Term Plan – 2023-2024**



		<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
<b>Year 7</b>	Unit	Health and Safety The Principles of Nutrition	The Principles of Nutrition	Diet and Good Health / The Science of Cooking Foods	Food Provenance, Cultures and Cuisines	NEA – Snack Project	Food Spoilage and Food Waste
	Practical	Will usually happen every two/three week					
	Prep Work	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams
<b>Year 8</b>	Unit	<b>Term 1</b> Health and Safety / The Principles of Nutrition	<b>Term 2</b> The Principles of Nutrition	<b>Term 3</b> Factors Affecting Food Choice	<b>Term 4</b> Where Food Comes From	<b>Term 5</b> NEA - Salad Box Project	<b>Term 6</b> Cultures and Cuisines
	Practical	Will usually happen every two/three week					
	Prep Work	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams
<b>Year 9</b>	Unit	<b>Term 1</b> Health and Safety / The Principles of Nutrition	<b>Term 2</b> The Principles of Nutrition	<b>Term 3</b> Diet and Good Health	<b>Term 4</b> The Science of Cooking Food	<b>Term 5</b> NEA – Picnic Project	<b>Term 6</b> Food Spoilage and Waste
	Practical	Will usually happen every two/three week					
	Prep Work	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams	Bring ingredients to practical lesson – ingredients will be uploaded to Teams
	Unit	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>

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Year 10		The Principles of Nutrition Diet and Good Health	Where food Comes From, Food Provenance,	Food Waste, Food Spoilage	NEA 1 Mock -Sugar The Science of Food	NEA 2 Mock – Italy Cultures and Cuisines	End of Year written assessment
	Practical / Food Science Investigation	Will usually happen every week					
	Prep Work	GCSE Revision Assignments on Seneca Learning And Bring ingredients to practical lesson – ingredients will be uploaded to Teams	GCSE Revision Assignments on Seneca Learning And Bring ingredients to practical lesson – ingredients will be uploaded to Teams	GCSE Revision Assignments on Seneca Learning And Bring ingredients to practical lesson – ingredients will be uploaded to Teams	GCSE Revision Assignments on Seneca Learning And Bring ingredients to practical lesson – ingredients will be uploaded to Teams	GCSE Revision Assignments on Seneca Learning And Bring ingredients to practical lesson – ingredients will be uploaded to Teams	GCSE Revision Assignments on Seneca Learning And Bring ingredients to practical lesson – ingredients will be uploaded to Teams
	Unit	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
Year 11		The Principles of Nutrition The Science of Food NEA1 – Food Investigation Assessment (15%)	Revision for Mock Exam NEA2 – Food Preparation Assessment (35%)	NEA2 – Food Preparation Assessment (35%)	Revision for Written exam	Revision for written exam	
	Practical / Food Science Investigation	Food Science investigation as part of NEA1	Practise Practical tasks for NEA2	NEA2 three hour practical exam	Food Science investigations to act as revision for written exam	Food Science investigations to act as revision for written exam	
	Prep Work	GCSE Revision workbook from CGP And Bring ingredients to practical lesson – ingredients will be uploaded to Teams	GCSE Revision workbook from CGP And Bring ingredients to practical lesson – ingredients will be uploaded to Teams	GCSE Revision workbook from CGP And Bring ingredients to practical lesson – ingredients will be uploaded to Teams	GCSE Revision workbook from CGP	GCSE Revision workbook from CGP	

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The above is the plan for each year group across the year and is subject to change but gives an overview of what students will study each term.