

Food and Nutrition Curriculum Map 2025-26

Year 7 (3 Rotations of approx. 12 weeks each) – Introduction to Food and Nutrition				Year 8 (3 Rotations of approx. 12 weeks each) – Healthy Eating		
Food safety and hygiene. Weighing and measuring. Organoleptic analysis. Nutritional analysis & modelling. The Eatwell guide, healthy eating –fibre, free and intrinsic sugars. Our Microbiome. Enzymic browning. Gelatinisation of starches. Exam/ C.A.T: theory and practical exam at the end of the rotation.				Healthy Eating - recipe analysis and modelling. Eggs production and function. Raising agents Chemical and Biological. Emulsions stable and unstable. Healthier methods of cooking. Exam/ C.A.T Theory and practical exam at the end of the rotation.		
Year 9 (2 Rotations of approx. 14 weeks each) Nutrition for Teenagers – Healthy Eating						
Classical pastries and sauces, European and international cookery. Seasonality and providence. Diet nutrition and health risk factors – Obesity and Type 2 Diabetes. Nutrition for teenagers. Theory and practical at the end of the rotation. Exam /C.A.T Teenage nutritional requirements.						
Year 10						
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
Introduction Sensory testing techniques Bread, Savoury, middle eastern. Genetic modification. Farming methods. , Fish, Fowl and Game. Meat and fish cookery / vegan alternatives	Egg Cookery- sweet and savoury. Christmas / religious festival cooking. Rotary Young Chef Competition	Food Safety and Hygiene. Preservation methods. International cooking of Spain and Catalonia.	Work Experience last week of term. International cooking of Italy. Traditional British Cookery. Energy needs. Special diets. Sustainability. Primary and secondary processing. Rotary Young Chef Final Heats	Healthy Eating and recipe modification. Marketing / packaging of foods. Exam preparation	School Exams	Examinations Preparation for Y11 NEA1. Experimentation
CAT practical and Nutritional theory tests	Practical and essay question.	Food safety exam		CAT Precis NEA 2 style assessment.		CAT Theory exam 3 Hour practical examination (Mock for Y11)
Year 11						
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
NEA 1 released 1 st September (15% of final mark) Application of food science and ingredient function to a given title. 4 Experiments completed and written up under supervision.	NEA 2 released 1 st November (35% of final mark) Application of nutritional theory and menu planning to suit given title. Research, design and making of Technical Dishes	NEA 2 Technical dishes and theory continued. Mock exams	Final 3 hour practical exam Completion of NEA 2 and marking. Results issued to students.	Easter revision masterclass- 1 day Exam Preparation		