

KS4 Long Term Curriculum Plan: Food Preparation and Nutrition/Year 11 (2024-2025)

Curriculum Aim:

In Food Preparation and Nutrition we aim to prepare students for their GCSE exams whilst equipping students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. We encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life. Food Preparation and Nutrition prepares students to make informed decisions about further study and progression to Post 16 programmes of study or employment.

Link to prior learning: The subject builds on the Year 10 curriculum and the key areas of learning

Food preparation skills – these are intended to be integrated into the five sections:

1. Food nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

Rationale of sequencing: This qualification is linear. Linear means that students will sit their exam and submit all their non-exam assessment at the end of the course. Non-exam assessment tasks will be released in Year 11. Practical work will link with non-exam assessment allowing students to demonstrate their knowledge of all five areas of learning.

Active participation strategies:

DO NOW, lesson routines, demonstrations with targeted questioning and helpers, recipe booklets with images and written instructions, cold-call questioning - differentiated and targeted, reading tasks - ask students what next words are, choral response, think pair share, sentence starters, follow-on tasks, pause and connect, thumbs up/down, paraphrase, case studies, DIRT, group work, interactive quizzes.

Autumn 1	Non-exam assessment – Task 1 Food investigation	Research Investigations Analysis and evaluation Understanding of the working characteristics, functional and chemical properties of ingredients Investigate and evaluate how ingredients work and why through practical experimentation, analyse and interpret the results of the investigative work. The results will be linked to the research and data explaining the working characteristics, functional and chemical properties of the ingredient(s).	Research deadline NEA 1 30th September 2025 Investigation deadline NEA 1 21st October 2025 Weekly key term testing Yr11 PCE October 2025
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Autumn 2	Non-exam assessment – Task 2 Food preparation assessment	Knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task Students will research and analyse the: life stage/dietary group or culinary tradition related to the task., demonstrating technical skill to include a range of complex skills from the range of skills 1-12.	Analysis and evaluation deadline: NEA 14th November 2025 Research deadline NEA 2 25th November 2025 Weekly key term testing Year 11 Data Analysis & Intervention Yr11 PPE's Fortnight beginning 10th November 2025
Spring 1	Non-exam assessment – Task 2 Food preparation assessment	Knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task Demonstrating technical skill to include a range of complex skills from the range of skills 1-12. Select and use equipment for different technical skills in the preparation and cooking of selected dishes. Food safety principles should be demonstrated when storing, preparing and cooking.	Demonstrating technical skills deadline NEA 2 3rd February 2026 Planning the final menu deadline NEA 2 24th February 2026 Making the final dishes deadline NEA 2 19th March 2026 Weekly key term testing Yr11 PCE January 2026
Spring 2	Non-exam assessment – Task 2 Food preparation assessment	Knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task Planning the final menu, justify the appropriateness of the final dishes in terms of eg technical skills, nutrition, ingredients, cooking methods, food provenance, sensory properties and portion size, produce a detailed time plan for the production of the final three dishes including appropriate techniques. Within the plan, food safety principles will be demonstrated when storing, preparing, cooking and presenting the final dishes Making the final dishes to include a range of complex skills from the range of skills 1-12 Students will be rewarded for the use of a range of technical skills and the quality of outcomes achieved. The complexity and challenge of the dishes produced is linked to the complexity of the skills involved in producing the dish. Analysis and evaluation, students will carry out sensory evaluation and record the results for all of their practical dishes. For the final dishes, students will carry out and record nutritional analysis, costing and identify	Analysis and evaluation deadline NEA 2 26th March 2026 Completed final project (with corrections) NEA 2 26th March 2026 Weekly key term testing Yr11 PPEs March 2026

		improvements to their dishes.	
Summer 1	Exam	Revision techniques	Revision and intervention
Summer 2	Study leave	Study leave	Final GCSE Exam Paper 1: Food preparation and nutrition 1h 45m 11th June 2026 pm Study leave

Further Information

The Course Specification: <https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/specification-at-a-glance>

website: <https://www.chace.enfield.sch.uk/curriculum-technology/>

In Food Preparation and Nutrition students will develop the knowledge and skills to:

- demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
- develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks
- understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes

DFE Subject content: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/405328/Food_preparation_and_nutrition_180215.pdf