



SIR GRAHAM BALFOUR SCHOOL

CURRICULUM OVERVIEW – KEY STAGE 4 FOOD PREPERATION AND NUTRITION



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Food Nutrition and Health Eatwell Guide. Eight Healthy Tips Micro and Macro Nutrients. Food Preparation Skills.	Food Choice Religion, Seasons, PAL, Dietary Choices, Cost and Budget, Food Intolerances, Allergies, GM, Organic. Food Labelling. Food Preparation Skills.	Food Safety Food Spoilage Temperature control. Yeast, Bacteria and Mould. Food Processing, Food Preparation Skills.	Food Provenance Food Security Food Processing Fairtrade and Organic. Food waste. Food Preparation Skills.	Food Science Fats, Proteins and Carbohydrates. Methods of cooking. Heat Transfer. Raising Agents. Food Experiments. Trial NEA 1	Nutritional Health/ Needs Diet Related Health Problems. Nutritional Needs of different life stages. EG. Elderly Food Preparation Skills. Trial NEA 2
Year 11	NEA 1: Food Investigation Task is Released This will be the key focus alongside revision and consolidation of prior learning.	NEA 2: Food Preparation Task is Released This will be the key focus alongside revision and consolidation of prior learning.	Three-hour practical exam as part of NEA 2. Completion of NEA2.	Focus on revision, consolidation of prior learning and examination technique.	This will be the key focus alongside revision and consolidation of prior learning.	