Food Preparation & Nutrition curriculum map 2026-2027

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Introduction to Food	Let's Get Cooking	Let's Get Cooking Nutrition: The Eatwell Guide	Top Chef Award Weighing skills Hygiene	Fabulous Fruit 5 a d ay challenge Hydration	Healthy Teeth/ sugar Science Investigations: Dextrinisation
Links						
8	Wise Choices 8 Guidelines Science Focus: Enzymic Browning	Wise Choices Science Focus: Raising Agents	Wise Choices: Top Chef Award: Pizza Celebrity Chef recipes	Wise Choices: Healthy Swaps. Cultural Cuisine	Food Provenance Where is our food from? Staple Foods	International Cuisine: Italy & China Hydration
Links						
9	Fantastic Fibre Why is breakfast important?	The relationship between diet and health. 8 Guidelines and Energy Balance	Cultural and religious celebrations. British Cuisine Science Focus: Raising Agents	Cooking with protein foods Science Focus: coagulation & methods of cooking	Staple Foods (UK & Asia) Food Safety Investigating Electrical Equipment	International Cuisine: Italy, Mexico and India Micro Nutrients Hydration
Links						
10	Introduction to the GCSE course Packaging and The Law Breakfast Macro Nutrients: Carbohydrates. Micro Nutrients: Calcium and Vitamins Science focus: Gelatinisation	Nutrition: Macro Nutrients / Micro Nutrients Dietary needs British Cuisine: Pastry unit (Fats and Carbohydrates)	Preparation skills: Dough & cake Science Focus: Dextrinisation, Plasticity & Bread Nutrition: Fats & Sugar	Food Provenance: British Cuisine: cheese Nutrition &Practical Focus: Protein foods Food Supply: Fairtrade Products	Food Provenance Cutting & Presentation skills Intro to Science Investigation Task; Aeration & Caramelisation Preparation for NEA2 Mock	NEA1 Mock Revision Mock Theory paper Mock NEA2
Links						
11	Protein: Meat & Fish Alternative Proteins	NEA1 Science Investigation Task Mock Paper	NEA2 Food Preparation Task	NEA2 Food Preparation Practical Exam Mock Paper	NEA x 2 Final Hand in Deadline Written Theory Exam revision.	
Links						