Food Preparation & Nutrition (KS4)

CurriculumMap - AQA2025-2026

REVISE

Revision - Exam Practice

Revision

Analysis and Evaluation

Making 3 Dishes

Planning

NEA 2

Food Technical Skills

Technological Developments

NEA 2

Food - Practical Task - Research

35% GCSE

Revision Mocks

Analysis and Evaluation

Assess 5

Year 11 – Term 3

Year 11 – Term 2

C - Planning for the final menu

Assess 4

Year 11 – Term 1

Food production

Food and the environment

Food sources

C - Analysis and evaluate

Assess 3

Assess 2

British and International Cuisine

Sensory Evaluation

Food Sources - Food and the Environment

Sustainability, Processing and Production

Technical Developments

NEA 1 Mock

Practical Skills - Presentation Dishes

NEA 1 Food Investigation - Research 15% GCSE

Investigation

Year 10 – Term 3 – Food Provenance
Key Concept: Where and how ingredients are grown, reared and caught

B - Demonstrate technical skills

B - Investigation

Factors Affecting Food Choice

FAIRTRADE

100°C 212°F
60°C 140°F
Cooking Temperature
Danger Zone
Bacteria grow and multiply rapidly
4°C/40°F
0°C/32°F
Fridge Temperature

Caramelisation

Coagulation

Denaturation

Gelatinisation

Emulsification

Assess 1

Year 10 – Term 2 – Food Choice

Food Safety, Buying, Spring, Preparing Cooking and Serving

Micro-organisam's in Food Production

Food Spoilage and Contamination

Functional and Chemical Properties of Food

Cooking of Food and Heat Transfer

Nutritional Needs and Health

Energy Needs

Micro Nutrients, Vitamins, Minerals and Water

Micro/Micro Nutrients

Protein, Fat, Carbohydrate, Vitamins and Minerals

Mechanical

Food labelling

Year 10 – Term 2 – Food Safety
Key Concept: Understand how micro-organisms cause food spoilage

Year 10 – Term 1 – Food Science
Key Concept: How nutrients react to food preparation processes and cooking methods

Year 10 – Term 1 – Food Nutrition and Health
Key Concept: Source, Function, Defficiency, Excess