



Topic Name	Term	Skills Developed	Next link in curriculum	Prior learning
GCSE introduction, food choice, labelling, marketing and sensory analysis	Autumn	Understand GCSE expectations and the five AQA core areas. Explain factors affecting food choice including PAL, cost, culture, religion, ethics, medical needs and seasonality. Analyse food labels and marketing. Carry out preference, discrimination and grading sensory tests using controlled conditions.	Macronutrients and energy; practical application of nutrition and food science.	KS3 Food & Nutrition; food choice; sensory work; food-room routines and safety.
Macronutrients: carbohydrates, sugars, fibre, protein and fats	Autumn	Develop detailed knowledge of carbohydrate, protein and fat: types, sources, functions, DRVs and effects of deficiency/excess. Apply protein complementation and compare protein alternatives. Explain saturated/unsaturated fats and healthier recipe modifications. Link theory to scones and jam practical science.	Energy requirements; food science; micronutrients and healthy eating.	KS3 Eatwell Guide; basic nutrient functions; weighing, cooker and practical skills.
Energy requirements, BMR, PAL and energy balance	Autumn	Explain BMR, PAL and energy balance and how age, sex and activity affect requirements. Interpret energy data, percentage energy recommendations and appropriate portion sizes for different consumers.	Micronutrients, life stages, healthy diet and diet-related health.	Macronutrients; KS3 healthy eating and Eatwell Guide.
Food science: heat transfer, carbohydrate science and sauces	Autumn/Winter	Explain why food is cooked and how conduction, convection and radiation transfer heat. Apply gelatinisation, dextrinisation and caramelisation to practical outcomes. Develop sauce-making, knife skills, safe meat handling and readiness testing through lasagne.	Raising agents, egg science, pastry and integrated food science.	KS3 cooking methods; starch knowledge; macronutrients and food safety.
Raising agents, egg science and pastry	Winter	Compare chemical, mechanical, biological and steam raising. Explain denaturation, coagulation, foam formation, shortening, plasticity and gluten control. Apply science through choux pastry, meringue, quiche and lemon meringue pie. Diagnose practical faults and justify improvements.	Micronutrients, diet and health; later functional properties and NEA1 investigation.	Heat transfer; gelatinisation; scone raising; protein and fat nutrition.



Micronutrients, water, fibre, life stages and healthy diet	Winter	Know functions, sources, deficiencies/excesses and DRVs for key vitamins and minerals. Explain hydration, nutrient conservation and adolescent/life-stage needs. Apply Eatwell guidance, portion size, costing and recipe modification. Use nutritional-analysis data to evaluate and improve dishes.	Diet-related health, food safety and food choice/provenance.	KS3 nutrition; macronutrients; energy balance; Eatwell Guide.
Food safety, microorganisms and enzymic browning	Winter/Spring	Explain food spoilage and contamination, conditions for bacterial growth, high-risk foods, cross-contamination and safe storage/handling. Understand useful microorganisms in food production. Plan fair tests and apply controls to food investigations including enzymic browning.	Food provenance, processing and NEA1 investigation skills.	KS3 food-room safety; practical hygiene; fair-testing principles.
Food provenance: meat, poultry, fish, farming and sustainability	Spring	Understand reared and caught food sources, meat structure/cuts, fish types and quality indicators. Compare farming systems, welfare, sustainable fishing and fish farming. Develop high-level knife skills through chicken portioning and fish filleting.	Food processing, environmental issues, food security and technological developments.	Protein nutrition; food safety; KS3 grown/reared/caught and farming.
Food processing, dairy, environmental issues and technological developments	Spring	Distinguish primary and secondary processing using wheat and milk. Explain pasteurisation, UHT, sterilisation, yoghurt and cheese production. Evaluate food miles, seasonality, organic/local food, Fairtrade, GM foods, packaging, waste, carbon footprint and food security. Understand fortification and additives.	Functional properties of fats; mock NEA1 and NEA2 preparation.	Food provenance; nutrition; labels; microorganisms; practical food science.
Functional properties of fats and cake science	Spring/Summer	Explain shortening, aeration, plasticity, emulsification, lamination and flakiness. Apply these through rough-puff pastry. Compare cake-making methods, ingredient functions and raising agents; develop variables, fair testing and fault diagnosis ready for NEA1.	Mock NEA1 food investigation.	Fat nutrition; pastry science; raising agents; sensory and fair testing.



Mock NEA1 and Mock NEA2	Spring/Summer	Plan and carry out a GCSE-style food investigation using hypotheses, independent/dependent/control variables, quantitative and sensory results, analysis, conclusion and evaluation. Interpret an NEA2-style task, justify dish choices, dovetail a time plan and produce three dishes within three hours, followed by nutrition, cost, sustainability and sensory evaluation.	Year 11 NEA1 and NEA2; GCSE written examination preparation.	Cumulative Year 10 food science, nutrition, sensory, practical and investigation skills.
Practical skills programme throughout Year 10	Autumn-Summer	Progressively develop AQA practical skills S1-S12, independence, precision, pace, presentation and time management. Practical programme includes scones and jam, lasagne, choux pastry, meringue, quiche, lemon meringue pie, soup and bread, naan, chicken, fish, panna cotta, rough puff and mock NEA tasks.	Greater independence and high-level technical skill for Year 11 NEA2.	Practical tasks and core food preparation skills developed throughout KS3.