



Topic name	Rotation	Skills developed (Research, Design, Make, Evaluate)	Link to NC subject content	Prior learning	Next link in curriculum
Advanced Food Preparation, Food Science & Independent Cooking	Food & Nutrition	Research & Analysis: Investigate advanced food science including protein denaturation, emulsification, gluten development, lamination, gelatinisation, fermentation, the Maillard reaction and food preservation. Research food legislation, HACCP, quality assurance, food manufacturing, commercial production, branding, packaging, sustainability, ethical sourcing, Fairtrade, recipe costing, profitability and consumer trends. Research & Design: Design and adapt recipes for specific target consumers by considering nutrition, dietary requirements, provenance, sustainability, enterprise, commercial viability and consumer appeal. Justify ingredient selection, cooking methods and presentation using scientific understanding. Make: Independently apply advanced practical skills including marinating, bread making, lamination, fresh pasta production, emulsified sauces, advanced pastry techniques and professional presentation. Demonstrate excellent organisation, time management, precision and independence throughout practical work. Evaluate: Critically evaluate finished products using sensory analysis, technical vocabulary and scientific understanding. Reflect on technical execution, nutritional value, sustainability, commercial viability, consumer feedback and opportunities for product improvement.	Select and apply a broad range of advanced cooking techniques confidently, accurately and independently. Apply food science, nutrition and food safety knowledge to justify practical decisions and improve outcomes. Understand how food products are developed, manufactured, marketed and evaluated for different consumers and commercial contexts. Demonstrate understanding of provenance, sustainability, ethical sourcing, enterprise and food legislation when designing and evaluating products. Develop independence, resilience and critical evaluation skills in preparation for further study and employment within the food industry.	Links from previous Y7&8 rotation: Year 7 – Foundations of Food Preparation • Safe and hygienic working practices. • Core food preparation skills including knife skills, weighing, measuring, mixing, baking and cooking. • Healthy eating, the Eatwell Guide and basic nutrition. • Fundamental food science including heat transfer, gluten development and raising agents. • Food provenance, Fairtrade, sustainability and sensory evaluation. Year 8 – Developing Technical Skills & Food Science • Applying functional properties including coagulation, emulsification, gelation, fermentation, aeration and the Maillard reaction. • Bread making, pastry making, sauce making and refining technical skills. • Adapting recipes using nutritional knowledge and consumer needs. • Understanding food manufacturing, packaging, branding, recipe costing and consumer choice. • Evaluating practical outcomes using food science, technical vocabulary and scientific understanding.	Link to next rotation: Key Stage 4 – GCSE Food Preparation & Nutrition Confidently plan, prepare, cook and present high-quality dishes independently using a broad range of technical skills. Apply food science, nutrition, food safety, provenance and food choice knowledge to justify practical decisions and evaluate outcomes. Design, adapt and evaluate recipes for different consumers using nutritional, technical and commercial considerations. Develop the independence, organisation and evaluative skills required for practical investigations, product development and written assessment. Prepare for progression into further study and careers including hospitality, food science, nutrition, environmental health, food manufacturing, product development and the wider food industry.