

THE HIGHEST STANDARDS

Always set and deliver the highest standards: never settle for less.

INVEST TO ACHIEVE

Care about the now; create the very best for your future.

EVERYONE IS VALUED

We are unique individuals working together to be the best.

NO EXCUSES

Create solutions, not excuses.

NEVER GIVE UP

Resilience is essential; self-belief drives improvement.

CULTIVATE YOUR CHARACTER

Qualifications open doors; your character gets you through them.

GCSE Food and Nutrition Year 10

Half Term 1	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
		Macro Nutrients/ Protein tasting	Fats - Practical Cake	Micro Nutrients/ Dietry Guidelines	Vit/Min- Practical Shepherds Pie	Special Diets/ Energy Needs	Diet - Practical Meatballls	Diet, nutrition, diseases	Nutrition-Practical Fishcakes
Half Term 2	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Holiday	
	Heat Transfer and Cooking Methods	HT1 Revision/ Assessment/CTG	Pasta Ravioli/ Sensory eval	FS - Proteins - Lem Meringue Pie	FS Carbohydrates	Gelatinisation - Practical Lasagne	FS - Fats Practical Gateaux		
Half Term 3	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Holiday		
	Emulsification Mayo making	FS - Practical Choux Pastry	FS Raising Agents - Pizza Swirls	Food spoilage, Contamination	Food safety - Practical Fish Pie	Food safety/ knife skills/ Chick Tikka			
Half Term 4	Week 22	Week 23	Week 24	Week 25	Week 26	Holiday			
	HT1-3 Revision/ Assessment/CTG	Food label/Market Prctical enrobing	Dessert Choice Intoler/Allergy	Cuisine/ Religion and ethics	Food sources Practical Fruit Tart				
Half Term 5	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Holiday		
	NEA 1 Trial	Environment - Meat&Veg pasties	Food Styling Practical	NEA 2 Trial - Intro/ Section A	NEA 2 Trial - Section A/C	NEA 2 Trial - Section C			
Half Term 6	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39		
	NEA 2 Trial - Section D Practical Exam (2 dishes)	NEA 2 Trial - Section E	Trial Revision/ Essay. Jam dem	Trial Examinations		Work Experience	Exam Feedback/ CTG - Ravioli		