

KS4 Overview						
Autumn Term		Spring Term		Summer Term		
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Yr 10	Protein: Meat and Poultry Fish Eggs Dairy & Cheese Alternative proteins	Carbohydrates: Cereals Breads Rice Pasta Flour and pastry Sugars Fats and Oils Intro	Vitamins and minerals	Sauces - Reduction and Emulsion Energy content, BMR, PAL, EAR. Special Diets - Religions - ??? Hindu, muslim, Jewish Babies, toddlers and elderly	Special Diets - Coeliac Diabetic Cardiovascular disease Anaemia and dental Caries	Energy needs and calculating energy and nutritional values. Science of food: Maillard reaction, caramelisation Cooking methods: Conduction Convection Radiation
	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr 11	Conserving Nutritive Values Working characteristics of carbohydrates, sugars, fats and oils. Intro to NEA 1 NEA1	Food spoilage Bacteria & food poisoning Food Waste Food Provenance Food miles International cuisine Sensory properties Costing and labels	Developing Recipes Garnishes and presentation. Preparation for NEA2 NEA 2	NEA 2 Revision: Diet and health Science of Food Food provenance Cooking and preparation	Revision: Diet and health Science of Food Food provenance Cooking and preparation	
	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2