



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	<p><b>Commodity: Sugars</b> Theory of sugar (types / storage / provenance / uses / nutrition / health)</p> <p>Practical skills: Methods of cake making: Chocolate brownies, Victoria Sponge, Fruit flan.</p> <p>Mock NEA1 – Sugar in cakes (Team work activity)</p> <p>End of unit research page</p>	<p><b>Commodity: Fats</b> Theory of fats (types / storage / provenance / uses / nutrition / health)</p> <p>Practical skills: Pastry – Rough puff, filo, shortcrust</p> <p>End of unit research page</p>	<p><b>Commodity: Vegetables</b> Theory of vegetables (classification / storage / provenance / uses / nutrition / seasonality / preservation / healthy eating / nutrition / health)</p> <p>Practical skills: curry, soup, bread</p> <p>End of unit research page</p>	<p><b>Commodity: Fruit</b> Theory of fruit (classification / storage / provenance / uses / nutrition / seasonality and food miles / organic / preservation / healthy eating / nutrition / health)</p> <p>Practical skills: crumble, cheesecake,</p> <p>End of unit research page</p>	<p><b>Commodity: Cereals</b> Theory of cereals (classification / storage / provenance / uses / nutrition / nutrition &amp; dietary fibre / structure)</p> <p>Practical skills: scone based pizza wheels, focaccia, pastry (wholemeal), fresh pasta, mac cheese (gelatinisation)</p> <p>End of unit research page</p>	<p><b>Commodity: Cereals</b> Theory of cereals (classification / storage / provenance / uses / nutrition / nutrition &amp; dietary fibre / structure)</p> <p>Practical skills: bakewell tart, risotto / paella, egg fried rice, free choice cereal practical to showcase skills</p> <p>End of unit research page</p>
Assessments	Practical assessment Mock NEA1 as per GCSE mark scheme End of commodity unit test	Practical assessment NEA1 – Peer assessing End of commodity unit test	Practical assessment Vitamin research project	End of commodity unit test on fruit and vegetables	Experimenting with different batters (group work)	Showcase practical End of commodity unit test on cereals
10	<p><b>Commodity: Meat &amp; Fish</b> Theory of meat &amp; fish (types / classification / cuts / provenance / uses / nutrition / food miles / sustainability / cooking methods)</p> <p>Practical skills: kebabs, meatballs, lasagne, sweet and sour, fish cakes,</p>	<p><b>Commodity: Eggs &amp; Poultry</b> Theory of eggs &amp; poultry (types / classification / provenance / uses / nutrition / food miles / sustainability / food hygiene). Dairy products</p> <p>Practical skills: egg custard, frittata,</p>	<p><b>Commodity: Dairy (milk, cheese, yoghurt)</b> Theory of dairy (types / classification / provenance / uses / nutrition / food miles / sustainability / food hygiene). Macro &amp; micro nutrients</p> <p>Practical skills: chicken fricassee,</p>	<p><b>Commodity: Dairy (milk, cheese, yoghurt)</b> Theory (lactose free / provenance / buying British / cream / special diets / health)</p> <p>Revisit pastry / pasta</p> <p>Practical skills: fresh cheese ravioli, profiteroles,</p>	<p><b>Commodity: Beans, pulses and alternatives</b> Theory of beans / pulses and alternatives (types / classification / provenance / uses / nutrition)</p> <p>Vegetarian / vegan Special diets / SMSC / dietary needs</p>	<p><b>Mock NEA2</b> Analyse, research, plan, prepare and evaluate a set design brief.</p> <p>End of unit research page</p>

	gutting and filleting a fish  End of unit research page	portioning a chicken, stuffed chicken, BBQ wings, chicken nugget experiment  End of unit research page	cheese bread / straws, cheese production, fruit fool / fruit mousse, butter production  Mock NEA 1: Fats in cakes  End of unit research page	cheesecake using gelatine  End of unit research page	Practical skills: Sausage & bean casserole, chicken satay, lentil and chorizo soup, TVP / Quorn / Soya experiment  End of unit research page	
Assessments	Practical assessment	Practical assessment End of commodity unit test	Practical assessment Mock NEA1	Practical assessment (self and peer) End of commodity unit test	Presentation on Special diets	NEA2 – Self assess using exam board mark scheme
11	<b>NEA 1</b> Coursework Practical exam – 3 hours	<b>NEA 2</b> Coursework	<b>NEA 2</b> Coursework Practical exam – 3 hours	<b>Revision</b> Big questions Exam practise	<b>Revision</b> Big questions Exam practise	<b>Revision / Theory exam</b>
Assessments	NEA1 completed by half term	NEA 2	NEA2			