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| **Year group** | **Topic being covered this half term** | **Tasks** | **Resources/ websites** |
| **7 - HWA** | Continuing with health and safety – handling raw meatBridge hold and claw grip – knife skills | PracticalsSoupBologneseMini fruit cakesPlanning assessed practicalPlanning practicals from input via recorded ppt/teams lesson | <https://www.foodafactoflife.org.uk/11-14-years/><http://www.ccsgsupport.com/Books/DG_171715.pdf><https://archive.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=108&contentId=499> |
| **8 - HWA** | Health and safety – being aware of hazards8 tips for healthy eatingRecipe planning | Safety in the kitchen – identifying hazardsResearching techniques in dessertsKnow the 8 tips of healthy eatingPracticalsPizza wheelsRock cakesCrumblePlanning assessed practical | <https://www.foodafactoflife.org.uk/11-14-years/><http://www.ccsgsupport.com/Books/DG_171715.pdf><https://archive.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=108&contentId=499> |
| **9 - HWA** | Healthy eating - Fat, salt + sugar; waterRecipe planning | Know the implications on our health with too much fat, salt + sugar in our dietUnderstand the importance of water in our dietPracticalsCurryMarble cakePlanning assessed practical | <https://www.foodafactoflife.org.uk/11-14-years/><http://www.ccsgsupport.com/Books/DG_171715.pdf><https://archive.foodafactoflife.org.uk/Sheet.aspx?siteId=19&sectionId=108&contentId=499> |
| **10 - FPN** | Food, nutrition and health | Carbohydrate – assess sugar on food labelling and exam questions on sugar in preparation for examUnderstand the importance of dietary fibre PracticalsMuffins, traybake or sandwich cake – increasing fibreBakewell tartCrudites preparation + dipEgg + cake challengeNEA1 pastry investigation introduced | <https://explorefood.foodafactoflife.org.uk/><https://www.foodafactoflife.org.uk/14-16-years/>[www.bbc.co.uk/food/techniques](http://www.bbc.co.uk/food/techniques)<https://www.bbc.co.uk/food><https://www.bbcgoodfood.com/> |
| **11 - FPN** | NEA 2Exam preparation | 1. Continuing with NEA 2

Section A – Researching the taskSection B – Demonstrating technical skills. Completing justification for a maximum of 3 dishes. Practice dishes at home.**Practical assessment only in school**1. Exam preparation

Revising food, nutrition + health; food safety; food choice; food science; food provenance | 1)[www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585](http://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585)[www.ifst.org/lovefoodlovescience/resources](http://www.ifst.org/lovefoodlovescience/resources)<https://www.youtube.com/playlist?list=PLcvEcrsF_9zInjxnoPbjRXHScwzEKTuGr>[www.youtube.com/playlist?list=PLvLFXD5On0iI8rkBn9aiF5F7WmmfcarEL](http://www.youtube.com/playlist?list=PLvLFXD5On0iI8rkBn9aiF5F7WmmfcarEL)<https://explorefood.foodafactoflife.org.uk/>2)<https://www.aqa.org.uk/find-past-papers-and-mark-schemes><https://www.bbc.co.uk/bitesize/subjects/zdn9jhv><https://www.bbc.co.uk/bitesize/subjects/zdn9jhv><https://www.foodafactoflife.org.uk/14-16-years/> |