|  |  |  |  |
| --- | --- | --- | --- |
| **Year group** | **Topic being covered this half term** | **Tasks** | **Resources/ websites** |
| **7 - HWA** | Continuing with health and safety – handling raw meat  Bridge hold and claw grip – knife skills | Practicals  Soup  Bolognese  Mini fruit cakes  Planning assessed practical  Planning 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 hazards  8 tips for healthy eating  Recipe planning | Safety in the kitchen – identifying hazards  Researching techniques in desserts  Know the 8 tips of healthy eating  Practicals  Pizza wheels  Rock cakes  Crumble  Planning 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; water  Recipe planning | Know the implications on our health with too much fat, salt + sugar in our diet  Understand the importance of water in our diet  Practicals  Curry  Marble cake  Planning 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 exam  Understand the importance of dietary fibre  Practicals  Muffins, traybake or sandwich cake – increasing fibre  Bakewell tart  Crudites preparation + dip  Egg + cake challenge  NEA1 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 2  Exam preparation | 1. Continuing with NEA 2   Section A – Researching the task  Section 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/> |