

Subject: GCSE Food

Homework: Set on Seneca and Satchel One. Tasks will include revision, exam questions and papers.

Year group	Term	Curriculum Focus
10	Autumn 1	Students learn the foundations of food safety, nutrition and food provenance. They explore kitchen hygiene, cross-contamination, safe storage temperatures and the role of the Environmental Health Officer. They also study primary and secondary food processing, understanding how ingredients such as wheat, milk and fruit are transformed into everyday products.
10	Autumn 2	Students study the functions of nutrients, including carbohydrates, fats, proteins, vitamins and minerals. They learn how nutrients support the body, what malnutrition is and how diet affects long-term health. Lessons explore simple and complex carbohydrates, fibre and energy release.
10	Spring 1	Students explore nutritional needs across life stages, including childhood, adolescence, adulthood and older age. They learn how diet, lifestyle and health conditions influence food choices. The unit also covers vegetarianism, veganism, religious dietary laws and special diets. Students investigate Fairtrade and global food systems, understanding how food choices impact people and the environment.
10	Spring 2	Students examine the factors that influence food choice, including cost, culture, religion, advertising and ethical considerations. They learn about organic and free-range farming, food labelling, the traffic-light system and consumer rights. Students also explore UK and global cuisines, identifying key ingredients and cultural influences.
10	Summer 1	Students complete a mock NEA 2 to prepare for Year 11 coursework. They learn how to plan, research and trial dishes before producing a two-course meal within a timed practical session. This helps them understand the structure of the real assessment and develop independence, organisation and time-management skills.
10	Summer 2	Students study the science of cooking, including heat transfer, denaturation, coagulation, gelatinisation, caramelisation and the Maillard reaction. They explore how pH, oxygen, enzymes and microorganisms affect food.
11	Autumn 1	Students revisit food safety, spoilage and contamination, learning about pathogenic bacteria, high-risk foods and safe storage. They study raising agents, including chemical, biological and mechanical methods, and investigate how gases are formed during cooking. Practical lessons include choux pastry and profiteroles, developing precision and control.
11	Autumn 2	Students complete NEA 1, the food investigation task. They research, test and analyse how ingredients behave under different conditions, developing scientific understanding and independent enquiry skills. This unit strengthens their ability to plan experiments, record results and draw conclusions.
11	Spring 1	Students begin NEA 2, the food preparation task. They research a brief, trial dishes, analyse results and plan a practical exam. Lessons focus on developing complex skills, refining presentation and selecting dishes that demonstrate a wide range of techniques.

Year group	Term	Curriculum Focus
11	Spring 2	Students continue NEA 2, refining their practical work, improving time plans and completing their written portfolio. They practise advanced skills, evaluate their outcomes and prepare for the final practical assessment.
11	Summer 1	Students revise for the written GCSE exam, covering nutrition, food science, food safety, food choice and food provenance. They complete practice papers, retrieval tasks and exam-style questions to strengthen knowledge recall and exam technique.
11	Summer 2	Students will continue to review and complete practice papers, retrieval tasks and exam-style questions to strengthen knowledge recall and exam technique.