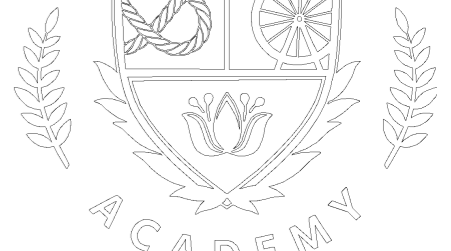
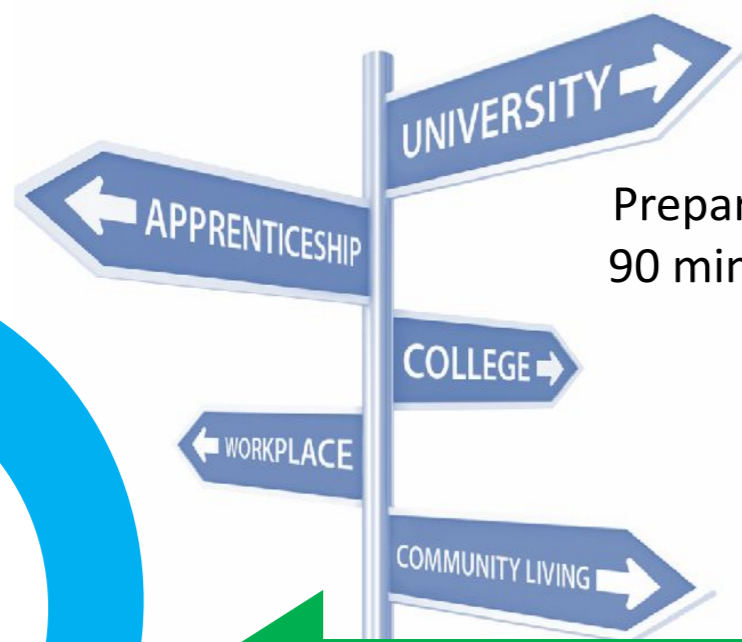




ur KS4 Food Preparation and Nutrition Learning Journey:



**POST-16
PATHWAY**



Prepare for and sit your 90 minute written exam

50%



Revise: Theory recap for written exam 50%

Develop your wellbeing and relaxation techniques ready for the examination period

Examiner by May 5th.



Complete your Portfolio of coursework

Complete section C evaluation for March deadline

Section B
3 dishes 3 hour practical event dish selection/ processes/equipment prepare table presentation
Undertake taste testing for section C evaluation write up

Section B evidence of trials and exam plans

Jun/May

Apr

Mar

Feb

Firm up your post 16 pathway

Make your informed L3 option choices

Attend May ½ term written exam preparation workshop

Attend Easter Holiday workshop to work on your Portfolio of coursework

Attend regular after-school catch-ups from September

Attend Feb ½ term practical exam preparation workshop

Embed excellent study habits and get ahead by attending catch-up and completing homework

Sept 1st release of questions to schools

Learn how to structure science report/ brief/ research/ hypothesis/ plan and how to compare, contrast results and evaluate performance

NEA 1

Theory lessons to focus on science of ingredients/ functional properties and chemical/physical changes when cooking

SUBMIT NEA 1

Start research on your Second GCSE Major project – NEA2.

Nov 1st release of questions.

NEA 2

Trialing period and development of dovetailing skills

time plan writing.

Sept

Oct

Nov

Dec

Diagnostic period science related topics- NEA1 mock in class practical



YEAR

11

NEA1 project Q's released September 1st. Be prepared to submit your NEA1 coursework before Christmas

Prepare for and sit your Y11 mock exams in October.

Develop an effective revision calendar and put it to use, plan time to work on your art/photography coursework



Section A research starts- scenario background/ task analysis/ market research x3 primary research pieces, questionnaire, menu analysis, restaurant review, supermarket research- summary of research and plan of action undertaken which shows progressive thought for exam dishes and reflection of skills gained in Y10.

TERM 3: Dovetailing, time planning further commodities research- Science of food understanding of properties and functions of ingredients.

July

June

May

Cook dovetailed dishes over the summer- 3 dishes in three hours to get you exam ready for

Be able to produce two dishes in two lessons with accompaniments to get GCSE ready

Experience the world of work and be inspired

HT6 Commodity 6
Cooking of dishes to display knowledge and understanding of combining ingredients- Meat and butchery skills

Complete Y10 mock exams in June to get GCSE ready

HT5 Theory Commodity 6- Nuts, beans, pulses etc.
Specialist diets
Alternative proteins and effects on the body.

HT5 Commodity 5
Cooking of dishes to display knowledge and understanding of combining ingredients-

HT5 Theory Commodity 5- Fats, oils, spreads. Saturated and unsaturated sources, properties of fats, reduction of fat causing illnesses.

