



The Sutton Academy

Knowledge Rich Curriculum Plan

Year 11 Food Preparation & Nutrition

Date	Theory	Practical	Intended Knowledge / Learning Objective	Tiered Vocabulary (Tier 2 / Tier 3 with definitions)	Difficult Concepts (Teacher Notes / Suggested Scripting)
01/09/2025	Front Cover / Research	Research / Control Recipe	Understand NEA1 task. Know how to research, plan, and predict outcomes.	NEA: Non-Examination Assessment, controlled coursework worth 15% Research: Systematic investigation Hypothesis: A proposed explanation Control: A standard for comparison	Explain controlled conditions and why a control recipe is needed. Clarify difference between hypothesis and aim. Stress academic honesty and referencing.
08/09/2025	Research Methods Analysis	Hypothesis / Plan of Action	Be able to use relevant sources, plan an investigation, and write a testable hypothesis.	Analysis: Detailed examination Plan of Action: Steps to achieve goal Sources: Primary (own tests) / Secondary (books, websites)	Model writing a hypothesis: "If X, then Y will happen because..." Emphasise multiple variables, linking to mark scheme (5 marks = testing more than one variable with outcomes predicted).
15/09/2025	Experiments / Ingredients / Equipment / Method	Control Investigation	Know how to set up an investigation using controls, selecting ingredients and equipment to test functional/chemical properties.	Investigation: Systematic study Functional Properties: How ingredients behave Chemical Properties: Ability to change chemically Ingredients: Components of recipe	Explain variables and fair testing. Demonstrate recording of method in detail. Link to mark scheme descriptors (use of specialist vocabulary).
22/09/2025	Investigation 1	Investigation 2	Carry out investigations, record results, and analyse using sensory tests.	Sensory Testing: Testing taste, texture, smell, appearance Charts / Graphs / Tables: Ways to present results Annotation: Adding notes or labels	Model sensory vocabulary. Discuss consistent scoring methods. Explain importance of controls. Guide on clear recording for marks.
29/09/2025	Investigation 3	Investigation 4	Conduct further practical investigations, modify methods as needed, and	Modification: Changes to method or ingredients Results: Outcome data Annotation: Adding explanations Variables:	Emphasise reflecting on changes and why they were made. Link to mark scheme: "Suggested testing more

			record findings in charts/graphs.	Factors that can change in investigation	than one variable" for top band.
06/10/2025	Analysis of Results	Conclusions - Plan Session 2	Analyse and interpret results. Write reasoned conclusions. Plan next investigation with justified improvements.	Analysis: Detailed examination of results Conclusion: Final judgement based on evidence Interpret: Explain meaning Justification: Giving reasons	Scaffold how to write "because" statements for reasoning. Link to mark scheme: clear, logical, justified conclusions. Discuss linking results to research.
13/10/2025	Session 2 (Practical)	Session 2 (Practical)	Apply improved plan. Demonstrate ability to amend ingredients/method. Record all stages clearly.	Amendment: A change made to improve Process: Steps in making Review: Assess to improve	Encourage reflection: "What went well, even better if?" Stress recording all modifications for evidence. Link to mark scheme (modification = essential for top marks).
20/10/2025	Science Behind the Experiments	Final Conclusions & Possible Future Developments	Understand and explain the scientific principles behind investigation findings. Summarise learning and plan further tests.	Scientific Principle: Rule explaining behaviour Future Developments: Ideas for further testing or improvements Evaluation: Judgement of quality	Use examples: "This thickened because of gelatinisation." Link functional/chemical properties to results. Model how to suggest logical further tests. Align with mark scheme's emphasis on analysis and evaluation.
03/11/2025	Final Amendments	Finish and Submit NEA1	Finalise NEA1 work with corrections. Ensure all research, plans, results and evaluations meet mark scheme requirements.	Amendments: Changes to improve work Submission: Officially handing in work Evaluation: Judgement of quality	Emphasise checking spelling, grammar, clear annotation. Explain why detail matters for marks.
10/11/2025	Mock Exams	Mock Exams	Practice exam technique. Apply command words and structure responses to GCSE standard.	Command Words: Instructional words in questions Assessment Criteria: Standards used to	Model reading questions carefully. Explain the mark scheme language. Practice under timed conditions.

				mark work Time Management: Using exam time effectively	
17/11/2025	Mock Exams	Mock Exams	Continue exam preparation. Develop confidence with extended writing and evaluation questions.	Justification: Giving reasons Interpretation: Explaining meaning Analysis: Breaking down information	Practise paragraph structuring (PEE/PEEL). Stress importance of clear reasoning for higher marks.
24/11/2025	NEA2 - Task Description and Introduction	Research Ideas	Understand the NEA2 brief. Analyse the task requirements. Begin researching suitable dishes or themes.	NEA2: Non-Examination Assessment 2 (35% of qualification) Brief: Task description and requirements Theme: Central idea for menu/dishes Research: Systematic investigation	Clarify assessment weight (35%). Link to specification criteria. Help students break down the brief into manageable steps.
01/12/2025	Christmas Practical	Christmas Practical	Apply practical skills. Work independently, following recipe safely. Demonstrate decoration and presentation techniques.	Decoration: Adding aesthetic detail Presentation: How food is displayed Technical Skills: Complex methods used in cooking	Emphasise safety in festive context (e.g. handling knives with crowds). Reinforce hygiene expectations.
08/12/2025	Plan of Action	Survey	Begin planning NEA2 investigation. Create a dovetailed plan including health, safety, quality points. Conduct surveys for research.	Plan of Action: Step-by-step proposal Dovetailing: Efficiently overlapping tasks Quality Points: Ensuring high standards in work Survey: Research method using questions	Model writing logical, clear plans. Discuss health/safety points. Show example survey questions.
15/12/2025	Analysis of Skills	Recipe Search	Analyse personal/practical skills. Identify gaps. Research recipes matching NEA2 theme and skill level.	Analysis: Detailed examination Skill Gap: Area needing improvement Recipe: Set of instructions to make a dish Ingredient: Components of a recipe	Scaffold self-assessment. Teach students to choose realistic recipes that demonstrate skill for the mark scheme.
05/01/2026	Detailed Questionnaire	Final Analysis of Questionnaire	Design clear, targeted questions. Analyse results to inform dish planning for NEA2.	Questionnaire: Set of questions for research Target Audience: People you're	Model writing effective, unbiased questions. Explain

				researching Analysis : Breaking down results to find meaning	summarising data clearly (e.g. charts/tables).
12/01/2026	Restaurant Visit / Supermarket Survey	Recipe Trial 1	Gather research on real-world dishes and ingredient availability. Begin first trial of chosen recipe, recording method and outcomes.	Survey : Research method using questions Observation : Watching in real context Trial : Practice run to test recipe	Encourage critical reflection: price, presentation, techniques observed. Emphasise accurate recording for NEA.
19/01/2026	Recipe Trial 2	Recipe Trial 3	Refine and improve recipe ideas. Record all amendments, sensory testing, and results.	Amendments : Changes to improve Sensory Testing : Judging taste, texture, smell, appearance Results : Data from trial	Reinforce need to show <i>why</i> changes were made. Link to top-band criteria on modification and testing.
26/01/2026	Trial Write Up	Trial Write Up	Complete formal write-ups of all recipe trials. Include method, results, photos, sensory analysis and justifications for changes.	Write Up : Formal record of process/results Justification : Giving reasons for decisions Sensory Analysis : Evaluating using senses	Model layout and language for clear communication. Stress specialist vocabulary.
02/02/2026	Final Dishes	Reasons for Choice	Finalise and document chosen dishes for NEA2. Clearly justify suitability for theme, skills, dietary needs and target audience.	Final Dish : Selected finished product Suitability : How well it meets needs Theme : Central idea or concept Justification : Reasoning based on evidence	Scaffold reasoning: "This dish is suitable because..." Link to assessment criteria on research and planning.
09/02/2026	Reasons for Choice	Shopping List	Complete written reasons for final dish choices. Create detailed shopping list with accurate quantities, costing and ingredient sourcing.	Costing : Calculating price Ingredient Sourcing : Where items are bought Quantity : Exact amount needed Justification : Reasoned explanation	Teach checking suppliers, cost-effectiveness, seasonality. Emphasise precision and clarity in lists.
23/02/2026	Equipment List	Time-Plan	Create detailed equipment list for NEA2 dishes. Draft time-plan to show sequencing, dovetailing, safety and quality points.	Equipment : Tools needed for cooking List : Ordered set of items Time-Plan : Sequenced schedule Dovetailing : Overlapping tasks for efficiency	Model breaking down tasks into timed steps. Explain linking safety and quality points in plan.

02/03/2026	Time-Plan	Menu	Finalise time-plan with detail. Produce clear menu for practical exam, linking to theme and target audience.	Menu: List of dishes to be served Theme: Central idea tying dishes together Audience: Target consumers Time-Plan: Detailed schedule for production	Clarify presentation of menu (formatting, clarity). Emphasise linking dish choices to NEA2 brief requirements.
09/03/2026	Practical Exam Week	Practical Exam Week	Demonstrate ability to prepare, cook and present final dishes independently within 3-hour session following plan.	Practical Exam: Controlled assessment session Independence: Working without help Presentation: How food is plated and served Timing: Completing steps at right moment	Reinforce safety checks, preparation routines (HATTIE), time management. Stress precision and professionalism.
16/03/2026	Evaluation	Evaluation	Analyse performance in practical exam. Write evaluation of planning, preparation, cooking and presentation.	Evaluation: Judgement with reasons Analysis: Breaking down what happened Preparation: Ready-to-cook steps Presentation: Final serving and plating	Model sentence starters: "I was successful because...". Emphasise balanced critique (successes and improvements).
23/03/2026	Evaluation	Evaluation	Continue detailed written evaluation. Reflect on improvements, sensory feedback, time management, safety and quality points.	Reflection: Looking back to improve Sensory Feedback: Opinions on taste, texture, appearance Safety Points: Steps to prevent harm Quality Points: Ensuring high standard work	Encourage honest reflection. Remind them top marks require evidence of thinking and self-improvement.
13/04/2026	Revision - Food, Nutrition and Health	Revision - Food, Nutrition and Health	Review nutrition principles. Apply to exam-style questions on macronutrients, micronutrients, dietary needs.	Nutrition: Process of obtaining food Macronutrients: Nutrients needed in large amounts (protein, carbs, fat) Micronutrients: Vitamins and minerals	Emphasise recall using flashcards, practice exam questions with command words.

20/04/2026	Seneca - Food, Nutrition and Health	Revision - The Science of Food	Consolidate nutrition knowledge via Seneca tasks. Revise chemical/functional properties, scientific principles in cooking.	Functional Properties: How ingredients behave Chemical Properties: Ability to undergo change Principles: Rules explaining processes	Scaffold explaining terms clearly. Use real ingredient examples to reinforce understanding.
27/04/2026	Revision - The Science of Food	Seneca - The Science of Food	Revise food science content. Complete Seneca tasks on heat transfer, chemical reactions, changes during cooking.	Conduction: Heat transfer through direct contact Convection: Heat transfer through fluids Radiation: Heat transfer via waves	Model exam answers describing heat transfer with examples (grilling, boiling, baking).
04/05/2026	Revision - Food Spoilage	Seneca - Food Spoilage	Review causes of spoilage, preservation methods, food safety and hygiene. Apply in exam-style practice.	Spoilage: Food going bad Preservation: Methods to keep food safe Contamination: Introduction of harmful substances	Discuss real-life contamination examples. Practice explaining preservation methods.
11/05/2026	Revision - Where Food Comes From	Revision - Where Food Comes From	Review food origins, sustainability, carbon footprint, food miles.	Sustainability: Meeting needs without harming future generations Food Miles: Distance food travels Carbon Footprint: Environmental impact of production	Link concepts to local foods vs imported. Use maps or packaging labels to show distances.
18/05/2026	Seneca - Where Food Comes From	Revision - Factors Affecting Food Choice	Consolidate learning with Seneca tasks. Revise factors influencing food choice (culture, religion, cost, health).	Culture: Shared beliefs, customs Religion: Spiritual belief system Ethical Beliefs: Personal moral choices	Discuss scenarios (e.g. halal, vegan). Practice writing exam responses linking factors to choices.
25/05/2026	(No lesson - half term / study week)	(No lesson)	N/A	N/A	N/A
01/06/2026	Seneca - Factors Affecting Food Choice	Revision - Preparation and Cooking Techniques	Complete Seneca modules. Revise cooking methods, skills, safety/hygiene, sensory testing.	Preparation: Getting ready to cook Cooking Methods: Ways of applying heat Sensory Testing: Judging using senses	Model answers describing method choice and its effect. Scaffold using command words in exam-style tasks.

08/06/2026	Seneca - Preparation and Cooking Techniques	Seneca - Reassigned	Consolidate via Seneca. Revisit any reassigned modules. Fill gaps in understanding.	Technique: Skillful method Reassign: Redo work to improve Revision: Reviewing material	Individualised support: direct students to weaker areas. Use feedback to guide focus.
15/06/2026	Revision - Exam Week	Revision - Exam Week	Apply knowledge in timed practice. Build confidence with exam technique, command words, structure.	Command Words: Instructions in questions Exam Technique: Strategies to succeed Timing: Managing time effectively	Simulate exam conditions. Model planning answers. Reinforce reading question carefully and using key vocabulary.