



Subject	Year	Term
Food Science and Nutrition	12	1
Topic		
Unit 1 -Nutritional Needs Across the Life Stages		
Unit 2- Developing Practical Food Production Skills		
Content (Intent)		
Prior Learning (Topic) - GCSE Food Preparation and Nutrition		
Unit 1 develops knowledge and understanding of food and nutrition across the life stages. The purpose of unit 2 is plan, prepare, cook and present food items to meet the needs of a specific target audience, using appropriate level 3 practical skills and techniques. Both unit 1 and unit 2 will be undertaken simultaneously.		
Unit 1 will consist of an 80-mark examination (1h30) graded A-E, whereas unit 2 will consist of an NEA.		
This term the focus will be on subject knowledge, skill building and exam preparation.		
Future Learning (Topic)		
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
Unit 1 – students will learn to: - - Explain how nutrients are structured. - Explain the functions of nutrients in the human body. - Classify nutrients in food. - Understand the impact of food production methods on nutritional value.	Assessment At the end of each section is a formative assessment based on the knowledge learnt. End of term assessment. Fortnightly folder checks. Weekly homework tasks. '999' silent study tasks Practical work will be assessed against the NEA assessment criteria. Mock NEA sections.	
Unit 2: – students will learn to: - - Explain the factors that affect food choice - Apply hygiene practices and procedures within food production - Undertake skills and techniques within food production. - Plan to create food items - Evaluate food production processes. - Evaluate food items and outcomes.		
How can parents help at home?		
- Encourage your child to cook as much as possible. - Encourage your child to help plan family meals. - Discuss the course and note any upcoming deadlines. - Discuss content from their lessons and relate it to daily nutritional intake.		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading New textbook to be confirmed Sept 2026 (Old course but still relevant) Certificate in Food Science and Nutrition by Anita Tull ISBN: 9781911208587 Hammond’s Cooking Explained by Jill Davies ISBN: 058230573	Vocabulary Lists High risk food Cross contamination Foodborne disease Complementary interactions Condensation reaction Polysaccharide Trans fats Essential fatty acids Glycaemic index	