



Subject	Year	Term
Food Science and Nutrition	12	2
Topic		
Unit 1 -Nutritional Needs Across the Life Stages		
Unit 2- Developing Practical Food Production Skills		
Content (Intent)		
Prior Learning (Topic)		
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.		
This term the focus will be on the Unit 2 NEA, through a mock assessment sections and final NEA. For the assessment we will focus on a specific group and their nutritional needs, and advanced preparation, cooking and finishing techniques. The brief for the NEA is released the first Monday of 2027.		
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 the characteristics of unsatisfactory nutritional intake. - Understand and apply knowledge of the nutritional needs of specific groups. - Evaluate how different situations affect nutritional needs. - Apply their knowledge using planning nutritional programmes.	Unit 1 Assessment	
	At the end of each section is a formative assessment based on the knowledge learnt. Spring/Summer summative assessment. Fortnightly folder checks. Weekly homework tasks.	
Unit 2 - students will learn to: - - Discuss factors that affect food choice. - Explain food production processes. - Plan to create food items. - Use skills and techniques within food production. - Apply food hygiene practices and procedures within food production. - Evaluate food production processes. - Evaluate food items and outcomes.	Assessment	
	Mock NEA sections followed by official Unit 2 NEA. All work will be assessed against performance bands. A range of marks are allocated for each performance band. Assessors select the 'best fit' performance band for the evidence submitted and award the relevant mark. The total of all marks [100] allocated are submitted to WJEC. As this is a formal assessment, no specific feedback will be given during the process, only after the final mark is issued. General support and feedback is allowed to help students understand the task.	
How can parents help at home?		
- Encourage your child to cook at home. - Help research and practice presentation skills. - Encourage your child to help plan family meals. - Discuss any upcoming deadlines and offer encouragement during coursework.		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading	Vocabulary Lists	PAL
New textbook to be confirmed Sept 2026	Blanching	Anabolic reaction
(Old course but still relevant) Certificate in Food Science and Nutrition by Anita Tull ISBN: 9781911208587	Coagulation	Catabolic reaction
Hammond's Cooking Explained by Jill Davies ISBN: 058230573	Ultra-heat treatment	
	Pasteurisation	
	ATP	
	Basal metabolic rate	