



Subject	Year	Term
Food Science and Nutrition	12	3
Topic		
Unit 1 -Nutritional Needs Across the Life Stages Unit 2- Developing Practical Food Production Skills		
Content (Intent)		
Prior Learning (Topic) NEA 1		
In unit 1 students will have covered all knowledge and understanding by term three and so this term will be focused on exam preparation and exam technique in preparation for the external exam. In Unit 2, their NEA will be submitted to WJEC. Following completion of unit 1 and unit 2, students will begin the theory work for unit 3 and 4 in Year 13. These are: Unit 3- Principles of food hygiene and food safety in food production. The aim of this unit is to develop an understanding of hazards and risks in relation to storage, preparation, cooking and serving of food items in different environments and the control measures needed to minimise these risks. This will be assessed through an 1h30 exam, graded A-E. Unit 4- Experimenting to solve food production problems. The aim for this unit is for students to use their understanding of the properties of food in order to plan and carry out experiments. The results of the experiments would be used to propose options to solve food production problems. This will be assessed by an NEA.		
Future Learning (Topic) Unit 3 and 4.		
What Knowledge and Skills will be taught (Implementation)		How will your understanding be assessed & recorded (Impact)
The external assessment is as follows: 1h30 Number of marks: 90 Grading will be A-E.		Practice questions Unit tests Key terms tests. Timed essays.
How can parents help at home?		
• Allow your child to have a quiet space to efficiently revise. • Help and encourage regular revision. • Encourage students to plan menus for the family.		
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 Aetiology Cardiovascular disease Non-communicable disease Visceral fat DRV Food environment Obesogenic environment