Food Year 11 Curriculum End Points and key vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Unit of Work	• Food science- carrying out experiments • understanding the working characteristics of basic ingredients • Introduction to NEA 1 brief research and planning for Nea 1 food investigations	• Completing NEA 1 food investigations analysis and conclusions • Skills building for NEA 2 • Introduction to NEA 2	Recipe selection making and evaluating of trial dishes	Making of final dishes evaluation costing and nutritional analysis of dishes	Revision/Exam	Exam
Ethos Links	**Stem**- students apply scientific principles, technological tools, and problem-solving approaches to real-life scenarios in food lessons they investigate how ingredients react during cooking whilst understanding key concepts e.g. emulsification, gelatinisation, Millard reaction. Investigating how ingredients react during cooking or combined with other ingredients. Using technology to record data research and present work , accurate measurement of ingredients analysing data using percentages etc. Students apply knowledge of nutrients to create balanced meals that meet dietary guidelines. Understanding microbial growth and food spoilage helps students select proper cooking temperatures and storage methods. Applying scientific understanding to modify recipes for specific dietary needs (e.g., gluten-free, lactose-free). Budgeting and calculating the cost per portion, comparing it to supermarket prices, and considering food waste in the budget. Adjusting portion sizes for a specific number of servings requires understanding ratios and proportions. **Sustainability**- mindful choices about how food is sourced, prepared, and consumed to reduce environmental impact while ensuring nutritional balance					

	Sustainable diets should still meet the required balance of nutrients – ensuring that meals are rich in vitamins, minerals, proteins, and healthy fats. Using seasonal, locally grown ingredients reduces carbon footprint from transportation and supports local agriculture. Choosing organic, free-range, and fair-trade products supports environmentally friendly farming practices and ethical labour. Reducing food waste-portion control, repurposing leftovers and composting more plant base meals use f alternative protein legumes, beans tofu etc Use of energy efficient cooking methods e.g. stewing and pressure cooking Avoid the of single use packaging. **Milton Keynes-** Milton Keynes offers a variety of resources, including farmers' markets, community farms, food education programs**,** and sustainability initiatives, which students can leverage for both NEA 1 (Food Investigation) and NEA 2 (Food Preparation Task). These local connections provide real-world links to sustainable cooking, food science research, and practical culinary skills. Milton Keynes hospitality industry is growing students can access some of these for work experience .A great mix of restaurants specialising in different cuisines where students can visit for research and to gain an insight on real life activities.			
Knowledge	Understanding scientific terms and the working characteristics of ingredients .Being able to plan and carryout out food investigations, being able to present information in a concise manner using the right vocabulary	Students develop practical cooking skills, learn about global cuisines ,planning meals for different diets, creativity in recipe adaptations, and a good understanding of food science, nutrition, and sustainability. They gain a great insight into project management, time management, and evaluation skills that can be applied in real-life cooking and food-related careers. The emphasis on STEM principles—scientific understanding of cooking, technology in the kitchen, and nutritional analysis—prepares students to make informed, sustainable, and healthy food choices.		
Key Vocabulary	Hypothesis, brief, investigate, plan, research, evaluate, data analysis, gelatinisation, dextrinization, shortening, caramelisation other scientific terms	Evaluate, research, modify, nutritional, garnishing, decorating, presentation, texture, mouthfeel, aroma, checklist, safety, probe, cross contamination, sanitise, dovetailing, time plan, analysis, nutrients, proteins, carbohydrates, vitamins, fats, mineral, balanced diet, balanced meal, eat well guide, simmering, stewing, boiling, frying, steaming, blanching, grilling ,star profile, testers, tasters, costing, budgeting, organic, fair trade, seasonality.		