


Meadow Park School - Curriculum Map 2025-2026						
Key Stage	Year Group	Subject	Teacher	Programme of Study		
KS4	10	Food and Nutrition	C.Roose	GCSE Food and Nutrition (AQA)		
Autumn a		Autumn b	Spring a	Spring b	Summer a	Summer b
Topic(s) core principles, nutrition and basic skills (food safety)		Topic(s) Micronutrients and special diets	Topic(s) Food science and functional properties of ingredients	Topic(s) Food choice and multicultural cuisine	Topic(s) Food provenance and sustainability	Topic(s) Mock NEA 1 Investigation
Year 10						
<ul style="list-style-type: none">• Introduction to the course• Kitchen safety and hygiene• Macronutrients: carbohydrates, protein, fats• Basic knife skills and cooking techniques		<ul style="list-style-type: none">• Micronutrients: vitamins and minerals• Eatwell guide & dietary needs• Diet-related health issues• Practical: soups, stir fry, pasta dishes	<ul style="list-style-type: none">• Food science principles: gelatinisation, coagulation, enzymic browning etc.• Functional properties of food• Practical investigations : bread making, sauce making	<ul style="list-style-type: none">• International cuisine: cultural influences on food choice• Religious and ethical food choices• Sensory analysis and evaluation• Practical: curry, flatbread, sweet and savoury pastries	<ul style="list-style-type: none">• Food provenance and sustainability• Seasonality, food miles, organic farming• Practical: seasonal dishes	<ul style="list-style-type: none">• Mock NEA 1 investigation (mini food science experiment)• Research, hypothesis, experiment, write up• End of year assessment
Assessment Tasks		Assessment Tasks	Assessment Tasks	Assessment Tasks	Assessment Task	Assessment Tasks
hygiene quiz, nutrition multiple-choice test		Special diet writing tasks	Practical assessment: food science experiment	Practical assessment: cooking an international dish	Research project	Full NEA-style experiment
Practical assessment: baseline skills test		Practical assessment: adapted dishes	Lab report writing	Research and evaluation log	Practical assessment: local food practical	Report submission
Personal Development		Personal Development	Personal Development	Personal Development	Personal Development	Personal Development
Teamwork, responsibility in the kitchen, resilience in learning safety protocols		Empathy, cultural awareness, food label understanding	Curiosity, critical thinking, patience	Cultural appreciation, self-expression	Environmental and ethical awareness	Independent learning, problem solving
Reading & Writing		Reading &Writing	Reading &Writing	Reading &Writing	Reading &Writing	Reading &Writing

Nutrient fact files, food safety articles, posters, recipe following and interpretation	Comparison tables, evaluations, food labels, recipes / instructions	Scientific method, experiment summaries	Research cultural influences, evaluation writing	Leaflets, sustainability reports	Research notes, method, results analysis
Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening
Class discussions, explaining hygiene routines	Class / group discussions on diet types, peer feedback	Pair work planning, verbal result sharing	Oral feedback, sharing of family / cultural food traditions	Debates on food sourcing, presentations	Class presentations, peer reviews
Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning
Weighing, measuring, calculating calories	Nutrient calculations, cost comparisons	Time / temperature tracking, accurate measuring	Recipe scaling, nutritional analysis	Calculating food miles, interpreting charts	Data collection, graphing results
Creative Media	Creative Media	Creative Media	Creative Media	Creative Media	Creative Media
Infographics (Eatwell guide), safety posters	Digital menus, meal plan design (e.g. Canva / ppt)	Recording experiments on video, use diagrams / labels	Interactive world food map, recipe blog posts	Posters / videos on seasonal / local foods	NEA report formatting, digital visuals / charts