

KMA Year 11 Weekly Revision Plan Food Preparation & Nutrition 2024-25

Week Beginning	Countdown Weeks to Exams	Revision Lesson Topic	Homework	Independent revision (read, flash cards, test yourself)
06 January 2025	19	NEA2 Focused	SENECA - Nutritional Needs	
13 January 2025	18	NEA2 Focused	SENECA - Mock Exam Preparation	
20 January 2025	17	Section B - Skills Trials x3 dishes	SENECA - Mock Exam Preparation	
27 January 2025	16		SENECA - Mock Exam Preparation	
03 February 2025	15		SENECA - Mock Exam Preparation	
10 February 2025	14	Food Mock Exam (Classroom Based)	SENECA - Food Preparation Skills (NEA2 Related)	
17 February 2025	Half term			
24 February 2025	13	NEA2 Focused	SENECA - Principles of Food Safety	
03 March 2025	12	NEA2 Focused	Practice NEA2 dishes under timed conditions	
10 March 2025	11	Practical Exam - Mon 10th to Wed 12th	SENECA - Sensory Evaluation (NEA2 Related)	
17 March 2025	10	NEA2 Focused	SENECA - Sensory Evaluation (NEA2 Related)	
24 March 2025	9	NEA2 Submission	Satchel One Quiz: Healthy Eating Guidelines	KO: Eatwell Guide
31 March 2025	8	Food, Nutrition & Health (3.2): <i>Healthy Eating Guidelines, energy, diet related diseases</i>	Satchel One Quiz: Diet Related Diseases & Energy	KO: Energy & Diet-Related Diseases
07 April 2025	7	Food, Nutrition & Health (3.2): <i>Macronutrients & Micronutrients</i>	Satchel One Quiz: Macronutrients & Micronutrients	KO: Macronutrients & Micronutrients
14 April 2025	Easter			
21 April 2025	Easter			
28 April 2025	6	Food, nutrition and health (3.2) – <i>lifestages, nutritional needs</i>	Satchel One Quiz: Nutritional Needs	KO: Macronutrients & Micronutrients
05 May 2025	5	Food Science (3.3) – <i>functions of ingredients</i>	Satchel One Quiz: Functions of Ingredients	KO: Ingredients - Functional Characteristics & Cooking
12 May 2025	4	Food Science (3.3) – <i>key terms: aeration, caramelization, coagulation, denaturation, dextrinisation, emulsification, enzymic browning, foam formation, gelatinisation, gluten formation, oxidation, plasticity, raising agents, shortening.</i>	Satchel One Quiz: Food Science	KO: Food Science
19 May 2025	3	Food Safety (3.4) – <i>key temperatures, food spoilage, bacteria in the production of food, cross-contamination, buying and storing food, preparing, cooking and serving food</i>	Satchel One Quiz: Food Hygiene & Safety	KO: Good Food Hygiene & Safety Practices & Food Spoilage, Contamination & Food Poisoning
26 May 2025	Half term			
02 June 2025	2	Food Choice (3.5) – <i>seasonality, food availability, food costs, lifestyles, celebration/occasion, physical activity level (PAL), fairtrade, religious beliefs, allergens, animal welfare, food labelling, food marketing, sensory evaluation, cuisines.</i>	Satchel One Quiz: Food Choice	KO: Food Choice & Food Labelling/Health Claims
09 June 2025	1	Food Provenance (3.6) – <i>food sources, food and the environment, organic and intensive farming, food sustainability, seasonality, food waste, genetically modified foods, primary and secondary processing of food, fortified food.</i>	Satchel One Quiz: Food Provenance	KO: Food Processing & Where Food Comes From
16 June 2025	0	Tuesday 17 June PM Exam		