

# FOOD CURRICULUM MAP 2023-4

11

REVISION AND EXAM PREP

11

NEA 1 scientific  
food  
investigation

NEA 2

Prepare, cook, and present 3 dishes

10.6  
Sugar, fats, and oils

10.5  
Meat, poultry, fish, and eggs

10.4  
Beans, nuts and pulses

10.3  
Cereals

10.1  
Fruit and vegetables

10.2  
Dairy

9

9.1  
Main Nutrients

9.3  
Eat Well Guide

9.2  
*Calories*

9.4  
Digestive System

8

8.1  
Understanding budgeting  
for healthy meals

8.3  
5 a day

8.5  
seasonal foods

8.2  
Diet through life

8.4  
Knife skills

7

7.1  
Health and safety

7.2  
Bacteria

7.4  
Eat Well Guide

7.3  
methods of cooking

7.5  
5 a day