Food Prep and Nutrition KS4 2026-7

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	Focused practical skills Theory knowledge development		Diet and nutrition		Developing theory knowledge NEA introduction	
11	NEA focus Theory mock exam		NEA focus Theory mock exam		Preparation for exam	

In year 10 and 11, students can choose either GCSE Design and Technology or GCSE Food Preparation and Nutrition. They work on a variety of projects and are timetabled to five hours of study every two weeks. Their GCSE grade is divided between a single theory exam (50% of their final grade) and their Non-Examined Assessment (NEA) which accounts for the other 50% of their final GCSE grade. Over the two years, students work on a variety of projects and are timetabled to five hours of study every two weeks.

Students' complete theory tests at the end of each module in KS4, along with three mock exam papers (one in year 10 and two in Year 11) before sitting their final exam in the summer of year 11.