

KMA Year 11 Weekly Revision Plan Food Preparation & Nutrition 2026-27

Week Beginning	Countdown Weeks to Exam	Revision Lesson Topic	Homework	Independent revision (read, flash cards, test yourself)
31 August 2026	31	Food Safety	1: Food Safety Satchel One Quiz	
07 September 2026	30	Food Provenance	2: Environmental Impact & Sustainability Satchel One Quiz	
14 September 2026	29	Food Provenance (<i>Fish Cakes & Chips Practical</i>)		
21 September 2026	28	NEA1 Released	3: NEA1 - Section A: Research	
28 September 2026	27	NEA1 Focused	4: Nutrients: Protein & Fat Satchel One Quiz	Nutrients Flashcards
05 October 2026	26	NEA1 Focused - Food Science Investigations	5: Nutrients: Carbohydrates Satchel One Quiz	Nutrients Flashcards
12 October 2026	25	NEA1 Focused - Food Science Investigations	6: Nutrients: Vitamins Satchel One Quiz	Nutrients Flashcards
19 October 2026		Half term		
26 October 2026	24	NEA1 Focused	7: Nutrients: Minerals & Water Satchel One Quiz	
02 November 2026	23	NEA1 Focused	8: Nutrients: Diet, Nutrition & Health Satchel One Quiz	
09 November 2026	22	NEA1 Submission	9: Cooking Methods & Heat Transfer Satchel One Quiz	
16 November 2026	21	NEA2 Trial dishes Practical (Main & Dessert)	10: Food Science: Proteins & Enzymic Browning One Quiz	
23 November 2026	20	Selected topics from all chapters	11: Mock exam Satchel One Quiz and SENECA revision	
30 November 2026	19	Mock Exam (Main Hall)		
07 December 2026	18	NEA2 Released	12: NEA2 - Section A: Research	
14 December 2026	17	NEA2 Focused		
21 December 2026		Christmas		
28 December 2026				
04 January 2027	16	NEA2 Focused	13: Food Science: Fats & Oils Satchel One Quiz	
11 January 2027	15	NEA2 Focused	14: Food Science: Raising Agents Satchel One Quiz	
18 January 2027	14	Section B - Skills Trials x3 dishes	15: Food Safety: Microorganisms in Food Production & Food Spoilage Satchel One Quiz	
25 January 2027	13		16: Food Safety: Bacterial Contamination Satchel One Quiz	Food Science Flashcards
01 February 2027	12		17: Food Safety: Buying, Storing, Preparing, Cooking & Serving Food Satchel One Quiz	Food Safety Flashcards
08 February 2027	11	Food Mock Exam (Classroom Based)		
15 February 2027		Half term		
22 February 2027	10	NEA2 Focused / Section B - Skills Trials Catch Up	21: Food Choice Satchel One Quiz	
01 March 2027	9	NEA2 Focused	NEA2 - Section C: Time Plan	
08 March 2027	8	NEA2 Focused	NEA2 - Section E: Costings	
15 March 2027	7	Practical Exam - Mon 15th & Tue 16th Submission	NEA2 - Section E: Evaluation & Costings	
22 March 2027		Easter		
29 March 2027				
05 April 2027	6	Food, Nutrition & Health (3.2): <i>Healthy Eating Guidelines, energy, diet related diseases</i>	22: Cuisines & Sensory Evaluation Satchel One Quiz	KO: Energy & Diet-Related Diseases
12 April 2027	5	Food, Nutrition & Health (3.2): <i>Macronutrients & Micronutrients</i>	23: Food Labelling Satchel One Quiz	KO: Macronutrients & Micronutrients

19 April 2027	4	Food, nutrition and health (3.2) – <i>lifestages, nutritional needs</i>	24: Factors Affecting Food Choice Satchel One Quiz	KO: Macronutrients & Micronutrients
26 April 2027	3	Food Science (3.3) – <i>functions of ingredients</i>	25: Food and the Environment Satchel One Quiz	KO: Ingredients - Functional Characteristics & Cooking
03 May 2027	2	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>	26: Technological Developments Food Production Satchel One Quiz	KO: Food Science
10 May 2027	1	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>	27: Sustainability of Food Satchel One Quiz	KO: Good Food Hygiene & Safety Practices & Food Spoilage, Contamination & Food Poisoning
17 May 2027	0	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> Food Provenance (3.6) – 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.	28: Food Provenance & Production Satchel One Quiz 29: Final Exam Satchel One Quiz	KO: Food Choice & Food Labelling/Health Claims KO: Food Processing & Where Food Comes From
24 May 2027		Tuesday 25th May PM Exam (1 hr 45 mins)		
	Half term			