Term 1	Term 2	Term 3
Research Project: "Nutritional Controversies: Fact vs Fiction" Pick a current nutrition debate (e.g., low-carb diets, intermittent fasting, ultra-processed foods). Research both sides and present a balanced report or video explaining the evidence and myths.	**Research Project: "The Chemistry of Cooking Techniques"** Investigate and explain how different cooking methods (e.g., steaming, roasting, sous-vide, fermenting) alter the nutritional value and chemical structure of food. Present findings in a visual format or mini-report.	**Research Project: "Feeding 10 Billion: Can We Do It Sustainably?"** Research the challenges of global food security, including climate change, population growth, and soil health. Present your findings in a documentary-style storyboard or slideshow.
Reading Around: "The Diet Myth" by Tim Spector (selected chapters) Explore how gut microbes influence health and nutrition. Write a reflection or infographic: How does this change the way we think about healthy eating? https://cdn.bookey.app/files/pdf/book/en/the-diet-myth-libe.pdf	**Reading Around: "Gastrophysics" by Charles Spence** Read about how psychology and chemistry influence taste. Reflect in a short blog-style post: "What Really Makes Food Taste Good?" https://archive.org/details/gastrophysicsnew0000spen/page/n9/mode/2up	**Reading Around: "We Are the Weather" by Jonathan Safran Foer (selected extracts)** Explore the connection between diet and environmental impact. Create a persuasive article or short presentation: "Should We All Eat Less Meat?" https://cdn.bookey.app/files/pdf/book/en/we-are-the-weather.pdf
Virtual Visit: The Science Museum – "Who Am I?" (Nutrition & Health sections) Explore how genetics and biology influence diet and food choices. Create a poster or one-page article titled "Personalised Nutrition: Is It the Future?" https://www.sciencemuseum.org.uk/see-and-do/who-am-i	**Visit (or Virtual): A Local Producer, Food Lab, or Artisan Workshop** Visit a cheese maker, baker or another food processor OR explore a virtual lab (like the Virtual Fermentation Lab by Exploratorium). Create a flow chart showing the process and science involved. https://www.exploratorium.edu/explore/cooking/activity/yeast-air-balloons	**Virtual Visit: UN World Food Programme or Food and Agriculture Organization (FAO)** Explore food aid efforts, famine responses, or school meal programmes. Write a reflection: What can richer countries learn from these strategies? https://www.wfp.org/
Create: Build a Week's Meal Plan for a Specific Health Goal Choose a goal (e.g., building muscle, reducing cholesterol, boosting energy). Plan 7 days of meals using your knowledge of macronutrients and energy needs. Include a justification based on nutritional guidelines	**Create: Design a Functional Food Product** Invent a food product that offers a health benefit (e.g., high-fibre snack, probiotic drink). Develop a label with ingredients, benefits, and target audience. Include a brief pitch or ad for your product.	**Create: A Campaign for Sustainable Eating in Your School** Design an awareness campaign or "Eco Menu" for your school canteen. Use posters, menus, and a presentation to explain how your ideas could reduce food waste and environmental impact.

For support and checking of work please see Miss King in UG1

Design and Technology

Year 11 Food Preparation and Nutrition