My Food Learning Journey

Year 11 – KS4 – Food Preparation and Nutrition

NEA I

- Recap
- Food Investigation
  - A – Research
  - B - Investigation
  - C – Analysis and evaluate
  - Food choice
  - Cuisines
- Food Science
  - Sensory analysis
  - The signs of food poisoning
  - Bacteria, physical and chemical contamination
- Health & Safety
- Environmental and sustainability
  - Food and the environment
  - Food sources
  - Selecting appropriate cooking methods
- Food Provenance
- Food Choice
- Sensory Evaluation
  - Sensory Testing
  - Taste receptors
  - Olfactory systems
- Cuisines
  - International
  - British
  - Vegan/Veggie
- Influences of Food choice
  - Microorganisms in food production
  - Sustainability
  - Technological developments
  - Biological
  - Food labelling
  - Moral & ethical

NEA II

- Food Preparation Assessment
  - A – Researching and analysis
  - B – Demonstrate technical skills
  - C – Making the dish and health and safety
  - D – Dish presentation
  - E – Analysis and evaluation
- Revision
- EXAM

Post 16 Destinations

- Apprenticeship
- University
- Level 3 qualification
- Professional/ H & C Routes

Year 10-11 a range of savoury and sweet dish will be produced along side theory and food science

Year 10 – KS4 – Food Preparation and Nutrition

- Nutrients and Eatwell Guide (Recap)
- Seasonal Foods / Food miles
- Primary and secondary processes
- Foam Formation
- Animal rearing
- Caramelisation
- Chemical Raising agents
- Preparing, cooking and serving food
- Commodity 1 – Starchy Carbohydrates
  - Gelatinisation
  - Gluten Formation
- Commodity 2 – Fruits and Vegetables
  - Enzymic browning
  - Dextrinization
  - Oxidation
- Commodity 3 – Milk & dairy
  - Coagulation
- Commodity 4 – Protein
  - Fish farming
  - Aeration
  - Shortening
- Commodity 5 – Fats and oils
  - Plasticity
  - Emulsification
- Food Science
  - Mechanical
  - Steam
- Principles of food safety
  - HACCP
  - Hazard Analysis and Critical Control Points
  - Key temperatures
  - Buying anu storing food
  - Caramelisation
  - Gelatinisation

Year 9 – KS3 – Food and Nutrition

Year 9 a range of savoury and sweet dish will be produced along side theory

- Energy needs
- Special diets
- Minerals
- Function, excess & deficiency
- Design
- Research
- Culinary Skills & Food Science
  - Fun Fair recipes
  - Independence and recipe following
  - Shaping / rolling
- Sustainability and Food Choice
  - 6R's
  - Allergies and intolerance
- Nutrients
  - Water
  - 'Celebration' Foods theme
  - Analyse
- Fun Fair Food Truck Project
  - Gelatinise – sauces
  - Protein – coagulate, denature
  - Knife skills
  - Enrobing

Year 8 – KS3 – Food and Nutrition

In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about the sustainability of food.

- Healthy Eating – Recap eat well guide and nutrition
- Food Miles
- CO2 emissions
- Seasonal Foods
- GM foods
- Organic Farming
- Food Miles and Transportation
- Sustainability
- Food Choice
  - Fairtrade : ethics
  - Packaging
- Food choice
  - Special Diets and religion
  - Food safety in the kitchen (recap)
  - Practical routine (recap)
  - Importation
  - Food waste
  - Animal welfare: organic V Intensive
- Food Science
  - Gluten
  - Raising agents
  - Make product
  - Cooking terms
  - Sensory Analysis
  - Convection
  - Health and Safety within the kitchen and food.

Year 7 - 8 a range of savoury and sweet dish will be produced along side theory

Year 7 – KS3 – Food and Nutrition

In Year 7 learners will develop basic understanding of nutrition, health & safety and culinary skills.

- 'Fantastic Foods' Project
  - Function of ingredients
  - Evaluate
  - Research
  - Design
  - Analyse
  - Fantastic Foods Theme
- Nutrition
  - Vitamins and minerals
  - Eat Well guide and nutrition
  - Macro and micronutrients
- Culinary Skills
  - Rubbing in method
  - Knife skills
  - Conduction
  - Using the hob
  - Equipment uses. Using the oven.
- Food Safety
  - The '4' C's Bacteria and Hygiene