My Food Learning Journey

NEA II

- A - Researching
- B – Demonstrate technical skills
- C – Planning for the final menu
- D – Making the final dish
- E – Analysis and evaluation

Food Preparation Assessment

Revision

REVISE

ReviseNOW!

EXAM

Post 16 Destinations

- Apprenticeship
- University
- A Levels
- Professional Hospitality & Catering R

KS4 – Food Preparation and Nutrition

Recap

- Cuisines
- Food choice

NEA I

- A – Research
- B - Investigation
- C – Analysis and evaluate

Food Investigation

Recap

Sensory analysis

Food Science

YEAR 11

- Food Provenance – Food processing and production
- Food Provenance – Environmental and sustainability
- Food Choice – Sensory Evaluation
- Cuisines
- Influences of Food choice

Food production

Food and the environment

Food sources

Sensory Testing

Taste receptors

International

British

Marketing

Food labelling

Technological developments

Sustainability

KS4 – Food Preparation and Nutrition

YEAR 10

- Food Science – Cooking of food and heat transfer
- Protein
- Carbohydrates
- Fats and oils
- Fruits and Vegetables
- Raising Agents
- Seasonality

Selecting appropriate cooking methods

Preparing, cooking and serving food

Buying and storing food

Coagulation

Denaturation

Gelatinisation

Caramelisation

Plasticity

Emulsification

Enzymic browning

Chemical

Biological

Moral

Steam

Why food is cooked and how heat is transferred

Gluten Formation

Foam Formation

Dextrinization

Shortening

Aeration

Oxidation

Mechanical

KS4 – Food Preparation and Nutrition

Microorganisms and enzymes

Energy needs

Balance diet

Minerals

Vitamins

Carbohydrates

Year 9-11 a range of savoury & sweet dishes will be produced alongside theory. Year 9 will be introduced into the requirements of the GCSE course

YEAR 9

- Culture and how it impacts our food choices
- Nutritional needs and health and nutritional analysis
- Micronutrients and Macronutrients
- Effects of cooking and choice of cooking method
- Culture and all things British

Microorganisms in food production

The signs of food poisoning

Bacterial contamination

Diet nutrition and health

Water

Fats

Proteins

Diet and lifestyle Vegetarians

Food Science and Protein Raising Agents

KS3 – Food and Nutrition

YEAR 8

- Development of Culinary Skills
- Nutrition & Special Dietary Needs
- Labelling of Food
- Food Safety & Food Poisoning
- Food choice
- A Balanced Diet

In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about food choice and ensuring safety of food in its preparation, cooking and servicing of food

Healthy Eating – Recap eat well guide and nutrition

Gelatinise – sauces

Micronutrients

Accident Prevention

Food and Temperature

Food choice (diet analysis)

Food safety in the kitchen (recap)

Practical routine (recap)

Macronutrients

Fats and Sugars

Food Bacteria

Food poisoning

Food Labelling

Special Diets and religion

Gluten

KS3 – Food and Nutrition

Organic Farming

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

- Sensory Analysis
- The '4' Cs Bacteria and Hygiene
- Basic Culinary Skills
- Health, Safety & Hygiene

In Year 7 learners will develop basic understanding of nutrition and culinary skills and learn about health, safety and hygiene in the kitchen.

Seasonal Foods

Food Miles

Raising agents

Conduction

Using the hob

Rubbing in method

Eat Well guide and nutrition

Melting method