Food Learning Journey

Post 16

REVISE

EXAM

Revision

Food Preparation Assessment

A - Researching

B – Demonstrate technical skills

C – Planning for the final menu

D – Making the final dish

E – Analysis and evaluation

NEA II

ReviseNOW!

KS4 – Food Preparation and Nutrition

YEAR 11

NEA I

Food Investigation

A – Research

B - Investigation

C – Analysis and evaluate

Food Provenance

Food processing and production

Food production

Technological developments

Environmental and sustainability

Food and the environment

Sustainability

Food Choice

Sensory Evaluation

Sensory Testing

Olfactory systems

Cuisines

International

British

Influences of Food choice

Marketing

Food labelling

Biological

Moral

Enzymic browning

Chemical

Food Science

Raising Agents

Steam

Mechanical

Oxidation

Fruits and Vegetables

Shortening

Aeration

Fats and oils

Dextrinization

Gluten Formation

Foam Formation

Why food is cooked and how heat is transferred

Protein

Carbohydrates

Cooking of food and heat transfer

Gelatinisation

Denaturation

Coagulation

Caramelisation

Plasticity

Emulsification

Selecting appropriate cooking methods

Preparing, cooking and serving food

YEAR 10

KS3 – Food and Nutrition

Year 9 – 11 a range of savoury and sweet dishes will also be made

Food Safety

Principles of food safety

Microorganisms in food production

Bacterial contamination

Microorganisms and enzymes

Food, Nutrition and Health

Age related nutritional needs and special dietary requirements

Energy needs

Balance diet

Diabetes Anaemia CHD

Micronutrients

Minerals

Vitamins

Macronutrients

Carbohydrates

Water

Fats

Proteins

Nutritional analysis

Diet nutrition and health

Teenagers Elderly Pregnant ladies

YEAR 9

KS3 – Food and Nutrition

Culinary skills

Using the hob/oven/grill

Organic Farming

Diet and lifestyle Vegetarians

Eat Well guide

Micronutrients

Seasonal foods/food miles (recap)

Food Miles

Food Provenance

Nutrition

Food Choice

Fairtrade : ethics

Healthy Eating – Recap eat well guide and nutrition

Macronutrients

Food safety in the kitchen

Special Diets and Allergies

Gluten

Food choice

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

Health and Safety within the kitchen and food.

Sensory Analysis

Food Labelling

Boiling

Gelatinisation

Food Science

Cooking Methods

Nutrition

Chopping Skills

Food Safety

YEAR 8

KS3 – Food and Nutrition

Chopping boards

Bridge & Claw

Dicing

Eat Well guide

Frying

Baking

Raising agents

Using the hob/oven/grill

Accident Prevention

The '4' C's Bacteria and Hygiene

YEAR 7

In Year 7 learners will develop basic understanding of nutrition and culinary skills.

In Year 8 learners will develop confidence of cooking a range of savoury dishes and experimenting with flavours from around the world.