My Food Learning Journey

NEA 1

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

EXAM

REVISE

ReviseNOW!

Post 16 Destinations

Apprenticeship

University

A Levels

Professional & C Routes

KS4 – Food Preparation and Nutrition

Recap

Cuisines

Food choice

Food Investigation

A – Research

B - Investigation

C – Analysis and evaluate

Sensory analysis

Food Science

NEA 1

Recap

YEAR 11

Food Provenance

Food processing and production

Environmental and sustainability

Food Provenance

Food and the environment

Food production

Food source

Sensory Evaluation

Food Choice

Taste receptors

Olfactory systems

International

British

Cuisines

Influences of Food choice

Marketing

Biological

Chemical

Enzymic browning

Emulsification

Plasticity

Caramelisation

Gelatinisation

Denaturation

Coagulation

Selecting appropriate cooking methods

Preparing, cooking and serving food

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

Why food is cooked and how heat is transferred

Gluten Formation

Foam Formation

Dextrinization

Aeration

Shortening

Oxidation

Steam

Food Safety

Principles of food safety

Buying and storing food

Microorganisms and enzymes

Energy needs

Balance diet

Minerals

Vitamins

Carbohydrates

Food spoilage and contamination

Food Safety

Food, Nutrition and Health

Nutritional needs and health

Micronutrients

Macronutrients

Food, Nutrition

Microorganisms in food

Bacterial contamination

The signs of food poisoning

Diet nutrition and health

Nutritional analysis

Water

Proteins

Year 9 - 11 a range of savoury and sweet dish will be produced along side theory

YEAR 9

KS3 – Food and Nutrition

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

Healthy Eating – Recap eat well guide and nutrition

Micronutrient

Accident prevention

Food and Temperature

Food choice (diet analysis)

Diet and lifestyle Vegetarians

Culinary skills

Seasonal foods/food miles (recap)

Fairtrade : ethics

YEAR 8

Nutrition

Food Poisoning

Food Choice

Food safety the kitchen (recap)

Practical routine (recap)

Macronutrients

Food Bacteria

Food poisoning

Food Labelling

Special Diets and religion

Food choice

Gluten

Organic Farming

Cooking terms

Sensory Analysis

Convection

Health and Safety within the kitchen and food.

Food Science

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

KS3 – Food and Nutrition

Commodities

Heat transfer

Culinary Skills

Food Safety

YEAR 7

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

Seasonal Foods

Raising agents

Using the hob

Rubbing in method

Eat and nutrition

Enzyme Browning

The '4' C's Bacteria and Hygiene