

A Levels, Further Education or Apprenticeship

My Food Learning Journey

In Year 11 learners will complete two non-exam assessment tasks; NEA 1 Food Investigation Task and NEA 2 Food Preparation Task. Students also sit a 1hr 45 min written exam in the Summer Term.

In Year 10 learners will look deeper into key topics covered at KS3 whilst develop their practical skills further. Key skills will also be developed in preparation for non-exam assessment in Year 11.

In Year 8 learners will develop their knowledge of nutrition to include health whilst develop their confidence of cooking a range of dishes.

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

- CHELL
- COOK
- SEPARATE
- CLEAN

Rubbing in method

British and International Cuisine

Seasonal produce

Eatwell Guide and nutrition

Safe use of equipment

Health and safety in the kitchen

Year 7 - 9 a range of savoury and sweet dishes are produced alongside theory

KS3 – Food and Nutrition

Year 7

Health and Safety

Balanced Diet

Seasonal Foods

Cuisine

Food Safety

Food Labelling

Sensory Analysis

Food miles

Portion Sizes

Using the hob

Personal Hygiene

Working with ingredients

Animal and plant sources

Energy Balance

Macronutrients

Year 8

Carbohydrates

Nutrition and Health

Fats

Food Science

Heating Starches

Food and Temperature

Structure and function

Sensory Analysis

Health conditions

Structure and function

Source and role of carbohydrates

Cooking with proteins

Structure and function

Year 9

Food hygiene

Protein

Food poisoning and bacteria

Age related nutritional needs

Diet and lifestyle

Special Diets

Low sugar diets

Year 10

Careers

The catering industry

Mechanical raising agents

Types of pastry

Costing a recipe

Chemical Structure and function

Macronutrients

Cooking methods

Processing Proteins

Saturated and Unsaturated fats

Deficiency and Disease

Raising agents

Allergies and Intolerances

Protein Storage

Year 11

Food Production

Sustainability

Food waste

Food security

Factors affecting food choice

Food Spoilage and Contamination

Microorganisms

Year 11

NEA 1

NEA 1 Food Investigation Task 15%

NEA 2

NEA 2 Food Preparation Task 35%

Written EXAM

Written Exam 1hr 45 mins 50%

Post 16 Destinations

KS4 – GCSE Food and Nutrition

Year 10 - 11 a range of savoury and sweet dishes are produced alongside exam content

Vitamins and Minerals

Diet related health risks

Sources and functions

Impact of cooking

Food safety

Marketing

Food Choice

Carbohydrates

Fats + Dairy

Functional and Chemical Properties

Additives + Fortified foods

Energy Needs

Food Processing and Production

Micronutrients

Microorganisms

Food Spoilage and Contamination

Factors affecting food choice

Food security

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