

# My Food Learning Journey



Healthy Eating – Recap eat well guide and nutrition

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



- Stage 1:
- Stage 2:
- Stage 3
- Stage 4:
- Stage 5:
- Stage 6:
- Stage 7:
- Stage 8:

Healthy Eating – Recap eat well guide and nutrition  
 Potato Wedges & Dip  
 Macaroni Cheese  
 Food safety  
 Sensory Analysis  
 Gluten  
 Special Diets and religion  
 Food choices  
 Rubbing in method  
 Function of ingredients  
 Fats and Sugars  
 Victoria Sponge  
 Raising agents  
 Baking Soda  
 Food safety in the kitchen (recap)  
 Practical routine (recap)  
 Spicy chicken/Veg etable Wrap  
 Pizza  
 Vegetable Tagine with Cous Cous  
 Cheese & Onion Quiche  
 Coagulation  
 Food Bacteria  
 The '4' C's Bacteria and Hygiene  
 ORGANIC FARMING  
 Seasonal Foods  
 Year 7 - 8 a range of savoury and sweet dish will be produced along side theory

**KS3 – Food and Nutrition**

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



Fats and Sugars

Victoria Sponge

Raising agents



Food Bacteria

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