Food choice

My Food Learning Journey:

KS3 – Food and Nutrition

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

Stage 10:

Rubbing in method

Cheese Scones

Raising agents

Develop good independent study habits with homework tasks

Stage 9:

Carrot cupcakes

Function of ingredients

Conduction Using the hob

Sensory Analysis

Enzyme Browning

Learning new Cooking terms

Radiation: Grilling

Health and Safety within the kitchen and food.

Stage 8:

Sweetcorn fritters

Seasonal Foods

Stage 7:

Food Miles

Stage 6:

Pasta Salad

Stage 5:

Food tasting

Stage 4:

Eat Well guide and nutrition

Stage 3:

Fruit Salad

Stage 2:

French Bread Pizza

Stage 1:

The '4' C's Bacteria and Hygiene

YEAR 7

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