My Food Learning Journey

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

YEAR 8

Stage 1: Food safety in the kitchen (recap)

Stage 2: The '4' C's Bacteria and Hygiene

Stage 3 Sensory Analysis

Stage 4: Food safety

Stage 5: Bread

Stage 6: **Vegetable Savoury Rice**

Stage 7: Cheese & Onion Quiche

Seasonal Foods

Coagulation

Food Bacteria

Raising agents

Victoria Sponge

Fats and Sugars

Function of ingredients

Rubbing in method

Special Diets and religion / Natashas

Food choices

Potato Wedges & Dip

Spicy chicken/Vegetable Wrap

Macaroni Cheese

Healthy Eating – Recap eat well guide and nutrition

Gluten

Gelatinisation

YEAR 9

GCSE Food Preparation and Nutrition

Stage 9:

Stage 10:

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

KS3 – Food and Nutrition

My Food Learning Journey

GCSE Food Preparation and Nutrition

YEAR 9

Culinary skills

Protein

Seasonal foods/food miles (recap)

Raising agents

Fairtrade : ethics

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

YEAR 7

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

Commodities | Heat transfer | Culinary Skills | Food Safety

Gelatinise – sauces

Seasonal Foods

Food Miles

Raising agents

Conduction

Using the hob

Rubbing in method

Eat Well guide and nutrition

Enzyme Browning

The '4' C's Bacteria and Hygiene

Food Science

Gluten

Organic Farming

Cooking terms

Sensory Analysis

Convection

Health and Safety within the kitchen and food.

Food choice

Special Diets and religion

Food safety in the kitchen (recap)

Practical routine (recap)

Macronutrients

Fats and Sugars

Food Bacteria

Food poisoning

Food Labelling

KS3 – Food and Nutrition

YEAR 8

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

Nutrition | Food Poisoning | Food Choice

Healthy Eating – Recap eat well guide and nutrition

Micronutrients

Accident Prevention

Food and Temperature

Food choice (diet analysis)

Diet and lifestyle Vegetarians

KS3 – Food and Nutrition