My Food Learning Journey:

Food choice





Rubbing in method



Cheese Scones

Raising agents





Gelatinise – sauces

Function of ingredients



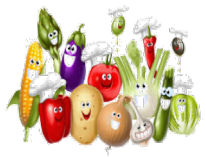


Gluten

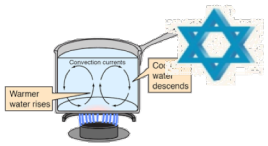
Sweetcorn fritters

Commodities





Seasonal Foods









Develop good independent study habits with homework tasks

KS3 – Food and Nutrition

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

Stage 10:

Stage 9:

Carrot cupcakes

Stage 8:





Conduction Using the hob



Sensory Analysis



Enzyme Browning



Learning new Cooking terms



Radiation: Grilling



Health and Safety within the kitchen and food.

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.

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