Food & Nutrition Learning Journey

F&N offers you a curriculum which will engage and enthuse a passion for the subject. Giving you the opportunity to explore practical activities which will enable you to master the skills and secure your knowledge.

F&N provides the subject specific skills and knowledge as a platform for you to take your next steps, from KS3 to KS4, then onto further education, professional career within the Culinary sector, Dietitian, Chef, Nutritionist and more.

Year 7 — Remember – Understand – Apply – Analyse – Evaluate - Appraise — Year 11

YEAR 11

Food Preparation Assessment Task- NEA2

A - Researching

B – Demonstrate technical skills

C – Planning for the final menu

D – Making the final dish

E – Analysis and evaluation

NEA 2

Revision

REVISE

ReviseNOW!

EXAM

Post 16 Destinations

Apprenticeship

University

A Levels

Professional H & C Routes

KS4 – Food Preparation and Nutrition

Recap

Cuisines

Food choice

Food Investigation Task- NEA1

A – Research

Sensory analysis

C – Analysis and evaluate

B - Investigation

NEA 1

Recap

Food Science

Technological developments

Food production

Food and the environment

Sustainability

Food Preparation Project

Environmental, Sustainability, Food Processing — Food Provenance

Food sources

Taste receptors

Sensory Testing

Food Science investigations

Food Investigation Project

International

British

Sensory Evaluation

KS4 – Food Preparation and Nutrition

Influences of Food choice — Food Choices

Marketing

Biological

Chemical

Enzymic browning

Food labelling

Moral

YEAR 10

Preparing, cooking and serving food

Selecting appropriat cooking methods

Coagulation

Denaturation

Gelatinisation

Caramelisation

Plasticity

Emulsification

Cooking of food and heat transfer — Food Science

Proteins

Carbohy-drates

Fats and oils

Pastry Project

Chicken Project

Why food is cooked and how heat is transferred

Gluten Formation

Foam Formation

Dextrinization

Aeration

Shortening

Jointing a chicken

Year 9 - 11 students produce a range of savoury and sweet dishes supported by theory lessons

Festival Food Project

Buying and storing food

Microorganisms and enzymes

Energy needs

Balance diet

Minerals

Raising Agents

Steam

Carbohydrates

Vitamins

KS4 – Food Preparation and Nutrition

Food spoilage and contamination — Food Safety

Nutritional needs and health — Food, Nutrition and Health

World Cuisines Breads & Cakes

Macronutrients Micronutrients — Food, Nutrition and Health

YEAR 9

Microorganisms in food production

Bacterial contamination

The signs of food poisoning

Diet nutrition and health

Nutritional analysis

Water

Proteins

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

KS3 – Food and Nutrition

Diet and lifestyle Vegetarians

Culinary Skills & Italian Project

Healthy Eating – Recap eat well guide and nutrition

Micronutrients

Accident Prevention

Food and Temperature

Food choice (diet analysis)

YEAR 8

Nutrition

Food Safety & Food Choice

Food Science

Gelatinise – sauces

World Food Project

Food safety the kitchen (recap)

Practical routine (recap)

Macronutrients

Fats and Sugars

Food Bacteria

Food poisoning

Food Labelling

KS3 – Food and Nutrition

Year 7 - 8 students learn to make a range of predominantly savoury dishes, enhanced by theory lessons

Food Science

Gluten

Organic Farming

Cooking terms

Seasonal Foods

Sensory Analysis

Conduction

Oxidation

Convection

Health and Safety within the kitchen and food.

Environmental Issues

Culinary Skills Picnic/ Scones Project

Healthy Eating Nutrition

Food Safety

YEAR 7

Food Miles

Raising agents

Using the hob

Rubbing in method

Eat Well guide and nutrition

Enzyme Browning

The '4' C's Bacteria and Hygiene

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

Research & Investigation • Iterative – designing and developing • Knowledge & Understanding • Product Realisation • Analyse & Evaluate