

**KS4**

Cultural Dish produced with accompaniment

Mastering skills, techniques and processes in the practical sessions.

Research: Foods from around the world

Cultural Dish of Choice

World Dishes

**GCSE Preparation**

**YEAR 9**



Using a range of researching tools to create interesting and appetising food dishes

Develop good independent study habits

**KS3 – Food and Nutrition**

**Culinary skills**

ADAPTATION of recipes

In Year 9 learners will continue to enhance and further their skills and techniques when preparing and serving a wide range of ingredients and food dishes.

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

**YEAR 8**

**Nutrition**

**Food Poisoning**

**Food Choice**



Healthy Eating – Recap eat well guide and nutrition

Micronutrients



Vegetable Soup



Enzymic Browning

Fruit Crumble



Food choices



Diet and lifestyle Vegetarians



**Food choice**

Food safety in the kitchen (recap)



Practical routine (recap)

Macronutrients



Food Bacteria



Food poisoning

MED	LOW	MED	HIGH	MED
Calories	353	0.9g	20.3g	10.8g
	18%	1%	29%	50%
			1.1g	18%

Food Labelling

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

**KS3 – Food and Nutrition**

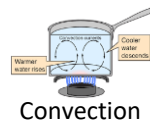
**Food Science**



Organic Farming



Sensory Analysis



Convection

Health and Safety within the kitchen and food.



**Commodities**

**Heat transfer**

**Culinary Skills**

**Food Safety**

**YEAR 7**

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



Cooking terms



Special Diets and religion



Seasonal Foods



Food Miles



Conduction

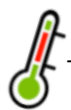


Using the hob

Raising agents



Pizza Whirls



Food and Temperature

Rubbing in method



Shortbread

Deli Salad



Eat Well guide and nutrition

Fats and Sugars



The '4' C's Bacteria and Hygiene

