

FOOD PREPARATION AND NUTRITION

	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
	Topics	Topics	Topics	Topics	Topics	Topics
YEAR 7	<p><b>Taught on an 8 week carousel with Design &amp; Technology, Art: Textiles and Critical Thinking. Food Technology - Healthy Lunches: Basic Food Hygiene and Safety, use of basic preparation equipment, basic use of the cooker and hob and basic Healthy Eating.</b></p>					
YEAR 8	<p><b>Taught on an 8 week carousel with Design &amp; Technology, Art: Textiles and Critical Thinking. Food Technology - 'Fakeaway'- Looking at healthy homemade options to popular fast food/takeaway meals. Focus to build on the knowledge of Hygiene and Safety, use of the Cooker, basic Nutrition, Healthy Eating, Nutritional analysis, Food analysis.</b></p>					
YEAR 9	<p>Multicultural Influences. Students study and develop skills in a experiencing cooking a variety of multicultural dishes. Introduction to the <b>main nutrients</b> for a healthy balanced diet. To identify the main factors that affect dietary needs throughout different life stages. A introduction to sensory analysis and evaluative techniques.</p>	<p>Multicultural Influences. Students study and develop skills in a experiencing cooking a variety of multicultural dishes. Introduction to food and environment, food labelling and organic food. To build confidence in utilising a variety of tools and equipment.</p>	<p>Functions of Ingredients. A introduction to the function of ingredients by testing its properties with simple experimentation. <b>Mid year formal assessment.</b></p>	<p>Functions of Ingredients. A introduction to the function of ingredients by testing its properties with simple experimentation. Looking at careers in the Food industry.</p>	<p>Cooking with high risk foods- Eggs. Students are to study and develop skills in a experiencing cooking a variety of dishes using eggs. The construction and nutrition of eggs.</p>	<p><b>End of year Assessment</b>, Salt, and nutrients in food. Mini NEA: Festival Food. Dietary requirements, and who to adapt recipes and cook food suitable for specific requirements.</p>

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<b>YEAR 10</b>	Introduction to the course, the specification, main nutrients, vitamins and minerals for a healthy balanced diet. To identify the main factors that affect dietary needs throughout different life stages.	Sensory analysis, mini NEA, Nutrients test, meal planning, adapting recipes and special dietary needs,	Why the body needs energy, Basal Metabolic Rate, how food relates to physical activity, Kilocalories, diet related diseases,	Why food is cooked, heat transfer, methods of cooking, protein denaturing and coagulation.	Practice NEA 1 - Ingredients investigation and the function of ingredients (Eggs, Flour)	Practice NEA 2 - To research, plan, prepare and make a 2 course meal based on Mediterranean Cuisine.
<b>YEAR 11</b>	GCSE NEA 1 Week 1 – Week 12 Students' understanding of the working characteristics, functional and chemical properties of ingredients	GCSE NEA 1 Week 1 – 12 Students' understanding of the working characteristics, functional and chemical properties of ingredients	GCSE NEA 2 Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.	GCSE NEA 2 Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.  Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved	Revision of theory	