

My Food Learning Journey



Seasonal Food / Food Miles (Recap)



Gluten



Organic Farming

KS4 Hospitality & Catering

Food Choice

Food Labelling

Food Provenance

Safety & Hygiene

YEAR 9

In Year 9 learners will develop further understanding of Food Provenance & Healthy Food Choices.

Food Miles

Vegetarians Food Labelling

Cross Contamination

Food Bacteria

DO NOT cross contaminate

The '4' C's

Bacteria and Hygiene

Food safety in the kitchen (recap)

Where does food come from?

Culinary Skills



Gelatinise – sauces



Healthy Eating (Recap)

KS3 – Food and Nutrition

In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about Healthy Food choices and be able to identify where are food comes from.

YEAR 8

Food Poisoning & Safety & Hygiene

Macro & Micro Nutrients

Where does food come from?

Sensory Analysis

Sensory Analysis

Macronutrients

Micronutrients

Chopping Skills

Short Crust Pastry

Sauce Developer

Layered Cold Dessert

Roux Sauce

Puff Pastry

KS3 – Food and Nutrition

HEALTHY Balance Diet

Healthy Eating

Use of Pasta Melting Method

Layered Cold Dessert

Whisking Method

Ragu Sauce

Chopping Skills

Equipment Selection & Safe Use Of

Year 7 - 9 a range of savoury and sweet dish will be produced along side theory

Dietary Guidelines

Seasonal Food

Heat transfer

Culinary Skills

Food Safety

YEAR 7

In Year 7 learners will develop basic understanding of Healthy Eating and Culinary Skills.

Consequences of too much Fat

Eat Well guide and nutrition

Seasonal Foods

Heat Transfer

Conduction

Using the hob

Using the Oven

Personal Hygiene

Washing Up Procedures



Health, Safety and Hygiene within the kitchen and food.