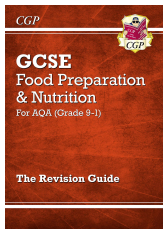


Food & Nutrition Curriculum Map

Written
Exam
50%

Revision

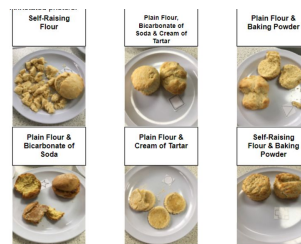


NEA2 - Students research, plan and make dishes to suit a brief - this culminates in a **3hr practical cooking exam** to showcase their skills



NEA 2
35%

Year 11



NEA1 - Students investigate a set of ingredients and conduct investigations based on **food science**

NEA 1
15%



Practical dishes in Year 10 - Students develop and combine their technical skills including making puff pastry, shaping and filling pasta, coating, marinating and using raising agents to make dishes including - spring rolls, calzone, chicken goujons, eclairs, brioche, fruit tarts, apple turnovers, lemon meringue pie and ravioli.



Year 10 - Students will link food to the wider world learn about food provenance, the environment, sustainability and international cuisines. We will look more in depth at health, safety and hygiene principles.



Mock NEA 2

Sustain-a-bility

Heat transfer

Mock NEA 1

Food hygiene

Inter-national cuisine

Year 10

Practical dishes in Year 9 - Students learn new technical skills. These include using electrical equipment, enriching a dough, setting mixtures, pasta making to make dishes including - fresh pasta and sauce, cheesecake, swiss rolls, meatballs, shepherds pie, lasagne, soup, chelsea buns and pasties.



Sauces

Eggs & pastry

Protein

Bread

Healthy Eating



Year 9 - Students will learn the food science principles behind sauces, proteins, eggs and pastry: 'How ingredients work and why' They will build on nutrition knowledge to learn about macro and micronutrients and their function in the body.



Fruit & veg

Year 9

Food skills for Life

Year 8

Y8 Food skills for life - students build on the basic practical skills they have learnt in year 7 and learn new ones. These include shortening, shaping, sauce making and kneading to make a range of family dishes like bolognese, macaroni cheese, bread, burgers and stir fry.

Y7 Healthy eating - students are introduced to a range of fundamental practical skills. These include bridge and claw, creaming, grilling, boiling, rubbing in and glazing to make healthy dishes like pasta salad, fruit salad, vegetable soup and scones.



Healthy Eating

Year 7

