

Food Learning Journey



Cycle 2

- Dovetailed timeplan
- Nutritional analysis
- Evaluation and assessment
- Retrieval and revision of all content
- Exam preparation

Revision and GCSE Exams

Courses

AQA Food preparation and Nutrition

Careers

Dietetics, nutritionist, new product development, food technologist, environmental health officer

Skills

Problem solving, evaluation and reflection skills
ICT literacy, collaboration, adaptability, self-management, nutritional analysis

Real World

In depth knowledge of food production, energy balance, promotes healthy lifestyle choices

Cycle 1

- NEA 1 - Food science investigation.
- NEA2 - Select brief plan prepare and cook 3 dishes in 3 hours.

Year 11

Cycle 3

- Food sources
- Food and the environment
- Sustainability of food
- Technological development in food.

Cycle 2

- Fats and functions in cooking.
- Cooking food and heat transfer
- Nutritional analysis
- Food science experiments
- Sensory testing

Cycle 2

- Fats function and structure
- Vitamins classification and sources
- Minerals sources
- Diet related diseases
- Energy needs
- Nutritional analysis

Cycle 3

- Food spoilage and contamination
- Food provenance
- Food processing and production
- Factors affecting food choice
- Food labelling
- Sensory testing

Year 10

Cycle 1

Food nutrition and health
Food safety
Carbohydrates functions in cooking
Protein function and structure and function in cooking
Alternative proteins

Cycle 2

- Surface decoration techniques
- Use of tools and equipment to design products
- Health & safety , ergonomics in design and data analysis
- Use of a template
- Sustainability
- Use of CAD/CAM

Cycle 1

- Food nutrition and health
- Food safety
- Carbohydrates function
- Protein function and structure
- Alternative proteins

Year 9

Cycle 3

- Designing, measuring, modelling,, testing and marking out
- Modelling techniques using paper card
- Health and safety, use of research, product analysis, consumer needs, sketching ideas, sequencing of a process

Cycle 2

- Reading and following instructions, scoring folding, use of tools.
- Health & safety
- How paper is made, sources of paper, stock forms, paper sizes

Cycle 3

- Designing to a brief
- Use of hand and machine tools; work with wood

Year 8

Cycle 1

- Making basic sauces, function of ingredients,
- Preparation and cooking techniques; Eatwell guide principles, Functions of fat in the diet, energy balance
- Sources of food
- food science

Year 6

- investigate and analyse a range of existing products
- evaluate their ideas and products against their own design criteria and consider the views of others to improve their work

A01

A02

A03

A04

- **Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.**

- **Apply knowledge and understanding of nutrition, food, cooking and preparation**

- **Plan, prepare, cook and present dishes, combining appropriate techniques**

- **Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.**

