



# FOOD PREPARATION AND NUTRITION

## LEARNING JOURNEY

### Topics covered at primary school:

- Where food comes from
- Principles of a healthy and varied diet
- Prepare and cook a variety of dishes
- Seasonality

- Range of cooking techniques
- Where/how ingredients are grown, reared, caught and processed

### TRANSITION FROM KS2 COOKING TO KS3 FOOD PREP/NUTRITION

## Y7

#### Theory:

- Eatwell Guide
- Hygiene/Safety
- Cooking Methods /Equipment
- Nutrition
- Heat Transfer
- Starchy Carbohydrates
- Cost/Portion Size
- Vegetarianism
- Food Choices
- Nutritional Analysis
- Art of Food Styling

#### Practical:

- Fruit Salad
- Vegetable Soup
- Apple Crumble
- Pizza Toast
- Fish/Spicy Bean
- Goujons
- Stir Fry
- Breakfast Muffins

#### Theory:

- Diet & Health
- Protein
- Healthy Lifestyle
- Starchy Carbohydrates
- Nutritional Profiles
- Dietary Recommendations
- Food Waste
- Healthy Main Meals
- Modifying/Adapting Recipes
- Cooking Methods/ Equipment Skills
- Costing a Dish

#### Practical:

- Savoury Rice
- Mini Carrot Cakes
- Frittata
- Fruit Scones
- Mac & Cheese
- Chilli
- Rogan Josh
- Pizza Wheels
- Fajitas

## Y8

## Y9

#### Theory:

- Micro-nutrients
- Food Investigation
- Protein
- Food Certification/ Assurance
- Ingredient Characteristics
- Aeration
- Gelatinisation
- Shortening/ Coagulation
- Safety Requirements
- Food Allergens/ Consumer Information

#### Practical:

- Risotto
- Pasta Fiorentina
- Cottage Pie
- Mac & Cheese
- Spicy Samosas
- Savoury Tart
- Dutch Apple Cake
- Lasagne
- Festival Food
- Thai Green Curry

## Y10

## Y11

#### Theory:

- Carbohydrates
- Fruit & Veg
- Dairy & Alternatives
- Proteins
- Technological Developments
- Bacterial Growth
- Food Security
- Sustainability
- Genetically Modified Food
- Micro-organisms

#### Practical:

- Student led cooking for the Non-Examined Assessment section of the coursework

#### Theory:

- Carbohydrates
- Fruit & Veg
- Dairy & Alternatives
- Proteins
- Technological Developments
- Bacterial Growth
- Food Security
- Sustainability
- Genetically Modified Food
- Micro-organisms

#### Practical:

- Cake
- Choux Pasty
- Pasta
- Vegetable Soup
- Vegetable Fajitas
- Spring Rolls
- Fruit Strudel
- Roasted Veg Tart
- Soda Bread
- Scones & Jam
- Bakewell Tart
- Steamed Pud & Custard
- Cornish Pasties
- Fish Cakes
- Ravioli
- & more...

## UNIVERSITY

### DEGREES YOU COULD CHOOSE:

- Food Science & Technology
- Human Nutrition
- Food Business Management
- Food Processing & Development
- Quality Management
- Food Standards & Quality
- Society, Lifestyle & Food
- Bakery & Patisserie Technology
- Digital Health
- Agriculture & Technology
- Food Safety, Inspection & Control
- Graphic Design (Packaging) & MORE...

## APPRENTICESHIP

### APPRENTICESHIPS/CAREERS:

- Food Production Manager
- Chef
- Restaurant Manager
- Food Scientist
- Dietitian
- Nutritionist
- Quality Assurance
- Self Employment
- Catering
- Engineer (Food/Catering Industry)
- Marketing/Packaging Designer & MORE...

## YR 12/13

## EMPLOYMENT

## PRIMARY SCHOOL