

## Food Preparation & Nutrition

Year 7	Year 8	Year 9	Year 10	Year 11
<b>Content</b>				
<p><u>Guide to the Eatwell Plate:</u></p> <ul style="list-style-type: none"> <li>• 5- a day fruit and veg</li> <li>• Carbohydrates</li> <li>• Starchy foods</li> <li>• Fibre.</li> <li>• Eating less sugar</li> </ul> <p><u>Practicals:</u></p> <ul style="list-style-type: none"> <li>• Fruit Fusion</li> <li>• Vegetable Couscous</li> <li>• Apple Crumble</li> <li>• Pizza's (using Bases)</li> <li>• Fruity Flapjack</li> <li>• Cheesy Scones</li> </ul> <p><u>Food Safety:</u></p> <ul style="list-style-type: none"> <li>• personal hygiene.</li> </ul>	<p><u>Guide to the Eatwell plate:</u></p> <ul style="list-style-type: none"> <li>• Dairy foods and alternatives</li> <li>• High protein food</li> <li>• Fats and oils</li> </ul> <p><u>Practicals:</u></p> <ul style="list-style-type: none"> <li>• Macaroni Cheese</li> <li>• Spaghetti</li> <li>• Bolognese</li> <li>• Fishcakes</li> <li>• Chicken Fajitas</li> <li>• Cheesy Triangles</li> <li>• Pizza</li> </ul> <p><u>Food Safety:</u></p> <ul style="list-style-type: none"> <li>• Food spoilage and contamination</li> <li>• using high risk foods safely</li> </ul>	<p>Introduction to the GCSE: Rotary Club Young Chef Competition</p> <p><u>Macronutrients:</u></p> <ul style="list-style-type: none"> <li>• Protein in the diet, Functional and chemical properties of proteins (denaturing, coagulation, foams)</li> <li>• Carbohydrates in the diet Functional and chemical properties of carbohydrates( gelatinisation, dextrinization, caramelisation)</li> <li>• Fats in the diet Functional and chemical properties of fats and oils (emulsification, shortening, aeration, plasticity)</li> <li>• Vitamins and Minerals in the diet.</li> </ul> <p>Introduction to Food Provenance: Field to Fork</p> <p><u>Practicals:</u></p> <ul style="list-style-type: none"> <li>• Meal for a teenager using local produce.</li> <li>• Meat</li> <li>• Chicken</li> <li>• Fish</li> <li>• Eggs</li> <li>• Bread</li> <li>• Cakes</li> <li>• Pasta</li> <li>• Pastry</li> <li>• Sauces</li> <li>• Vegetables</li> <li>• Fruit</li> </ul>	<p>Food Provenance</p> <p>Cooking of food and heat transfer (conduction, convection and radiation)</p> <p>Food Investigation Week (mock NEA1).</p> <p>Functional and chemical properties of raising agents (chemical, mechanical, biological)</p>	<p>NEA 1: Food Science Investigation Controlled Assessment</p> <p>NEA2: Food Preparation Controlled Assessment – 3 Dishes in 3 hours practical.</p> <p>Revision: tips and techniques for the written exam, practise papers</p>

## Skills

<p><u>Basic Skills .</u></p> <ul style="list-style-type: none"> <li>• <u>Using sharp knives</u></li> <li>1. Bridge method</li> <li>2. Claw method</li> </ul> <ul style="list-style-type: none"> <li>• <u>Cooking Methods:</u></li> <li>1. Hob</li> <li>2. Grill</li> <li>3. Oven</li> </ul> <ul style="list-style-type: none"> <li>• <u>Weighing and Measuring</u></li> </ul>	<p><u>Higher skills</u></p> <ul style="list-style-type: none"> <li>• <u>Using sharp knives</u></li> <li>1. Bridge method</li> <li>2. Claw method.</li> </ul> <ul style="list-style-type: none"> <li>• <u>Cooking Methods:</u></li> <li>1. Hob</li> <li>2. Grill</li> <li>3. Oven</li> </ul> <ul style="list-style-type: none"> <li>• <u>Weighing and Measuring</u></li> </ul>	<p><u>Advanced skills in:</u></p> <ul style="list-style-type: none"> <li>• <u>Using sharp knives</u></li> <li>1. Chopping</li> <li>2. Slicing</li> <li>3. Fileting</li> </ul> <ul style="list-style-type: none"> <li>• <u>Cooking Methods:</u></li> <li>1. Boiling</li> <li>2. Frying</li> <li>3. Baking</li> <li>4. Grilling</li> <li>5. Roasting</li> </ul> <ul style="list-style-type: none"> <li>• <u>Using different equipment:</u></li> <li>1. Pasta machine</li> <li>2. Food processor</li> <li>3. Fryer</li> <li>4. Electric whisk</li> </ul> <ul style="list-style-type: none"> <li>• <u>Weighing and Measuring</u></li> </ul>	<p><u>Advanced Practical Skills:</u></p> <ul style="list-style-type: none"> <li>• Portioning whole chicken</li> <li>• filleting whole fish</li> <li>• Setting mixtures (quiche, trifles)</li> <li>• Enriched doughs and complex pastries</li> <li>• British and International Cuisine</li> </ul>	<p><b>Skill 1:</b> General practical skills  <b>Skill 2:</b> Knife skills  <b>Skill 3:</b> Preparing fruit and vegetables  <b>Skill 4:</b> Use of the cooker  <b>Skill 5:</b> Use of equipment  <b>Skill 6:</b> Cooking methods  <b>Skill 7:</b> Prepare, combine and shape  <b>Skill 8:</b> Sauce making  <b>Skill 9:</b> Tenderise and marinate  <b>Skill 10:</b> Dough  <b>Skill 11:</b> Raising agents  <b>Skill 12:</b> Setting mixtures</p>
---	---	---	--	---

## Assessment

<p>Food Journey Trackers.</p> <p>End of rotation Tests.</p>	<p>Food Journey Trackers.</p> <p>End of Rotation Tests.</p>	<p>Food Trackers.</p> <p>Science Investigation trackers.</p> <p>End of term Tests.</p>	<p>Mock Written Exam.</p> <p>Mock NEA1.</p> <p>Mock NEA2 Practical Exam.</p>	<p>NEA 1: Food Science Investigation Controlled Assessment (15% of GCSE Grade)</p> <p>NEA2:Assessment (35% of GCSE Grade)</p> <p>Written Examination (50% of GCSE Grade)</p>
---	---	--	--	--