

Food and Nutrition

Year 7

- Introduction to Food and Nutrition – Can you work hygienically and use key kitchen equipment safely?
- Eatwell Guide – Do you know the food groups? Can you understand the basic principles of healthy eating and nutrition?
- Pasta Salad project – Can you choose ingredients and explain your reasons? Can you write a detailed plan and follow it to make your dish?
- Why do we choose foods? - What factors influence your food choices? Can you identify which nutrients are in different foods that you eat?
- Meal for me - Can you choose a suitable meal for you and explain your reasons? Can you identify the functions of ingredients in your meal? Can you write a detailed plan and follow it to make your meal? Can you evaluate positive, negatives and improvements?

Skills

- I can use basic kitchen equipment safely and hygienically.
- I can identify the key nutrients in food and explain their functions.
- I can write a logical flow chart for making a product that includes safety and quality points.
- I am able to complete sensory evaluation on a product.
- I have started to look at my practical work and identify strengths, weaknesses and how I could improve.

Year 8

- Safety and Hygiene in Food and Nutrition – Can you identify ways to promote safety and prevent food poisoning? Can you explain how to demonstrate quality control when making a product?
- Functions of flour- Do you understand how flour is made and how it is used in different food products? Can you explain and use the scientific properties of flour to adapt and make a roux sauce product?
- Functions of eggs – Can you understand the functions of eggs and apply these to a product?
- Raising agents - Can you name different raising agents and the products that they are used in?
- Layered dessert - Can you apply your food science knowledge to choose, plan and make a layered dessert product?

Skills

- I can safely create products with increasing skill and precision.
- I can apply my nutritional and food science knowledge to a range of dishes.
- I can write and follow logical and detailed plans of dishes.
- I use critical thinking skills to evaluate my dishes in detail and suggest and explain possible improvements.

Year 9

- The role of cereal foods and raising agents in the diet - Can you understand the functions and uses of cereal grains and their role in the diet? Can you produce a variety of food products that demonstrate a range of skills using cereals?
- The role of fruit and vegetables in the diet - Can you classify fruit and vegetables and explain how they can be processed and preserved? Can you explain in detail the nutritional content of fruit and vegetables and discuss environmental considerations?

- The role of protein foods in the diet- Can you demonstrate high level practical skills using fish and poultry? Can you identify different types of protein foods and understand their role in the diet?

Skills

- I demonstrate a range of high level skills.
- I apply my nutritional knowledge and adapt a range of dishes.
- I can carry out food science experimental work to ensure fair testing, predict possible outcomes and draw evidence based conclusions.

Year 10

- The role of meat alternatives and complimentary protein in the diet – Do you understand different types of vegetarians and can you plan nutritionally balanced meals that are suitable for them? Can you explain the advantages and disadvantages of meat analogues and alternatives?
- The role of lipids, carbohydrates and protein in food production – Can you plan and conduct experimental work with food which shows clear analysis and discussion of the results? Do you produce dishes that demonstrate a range of high level skills using sugar, fat and eggs?
- The role of dairy products in the diet – Can you explain how milk is processed and preserved and the environmental impact different farming methods have? Do you understand the nutritional value of dairy foods in the diet and are you able to explain the health implications of high fat foods?
- Target groups – Can you explain the issues and influences that affect different food choices made by people?
- Preparation for NEA – Can you research, plan and carry out high skilled practical work to meet a brief you re given?

Skills

- I demonstrate a wide variety of high level skills accurately
- I can plan and execute food science experimental work to ensure fair testing, predict possible outcomes and draw detailed evidence based conclusions.
- I apply my nutritional and food science knowledge to a wide range of dishes taking into account factors which influence food choices.
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Year 11

- NEA1 – Can you plan and execute food science experimental work to ensure fair testing, predict possible outcomes and draw detailed evidence based conclusions?
- NEA2 – Are you able to research and make justified choices of suitable dishes to meet a brief? Can you plan in detail for a successful 3-hour practical task and evaluate your products fully?
- Preparing for the written exam – Revision of the course content and preparation for the exam including technique.

Preparing for the future:

Degree courses in food science, nutrition and dietetics. Careers in Hospitality and Catering, sports nutrition. Food production and manufacturing.