



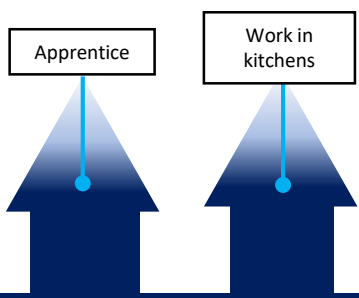
Food learning Journey



FOOD

Skills developed throughout

- Food safety and hygiene
- Use of scales and relevant equipment
- Maintaining work area
- Self evaluation



5. Written exam
• Recalling knowledge

3. Food preparation final exam
• Refining skills
• Sensory evaluation
• Recording

2. Food preparation task
• Exploring skills /practicing and demonstrating
• Refining skills
• Recording
• Sensory testing

Go on to college



4. Revision
• Explore nutrition of food
• Learn how properties of ingredients work together
• Understand benefits of nutrition for specific people
• Etc.

1. Investigation task
• Researching given question
• Experimenting
• Concluding

YEAR 11

3. Desserts
• using different setting agents ie – protein denaturation, gelatin and eggs

4. Food provenance.
• Environmental issues
• Sources and sustainability

5. Food choices
• Factors that affect choices
• British and international cuisines



7. Practice preparation task
• demonstrating practical skills

1. Nutrition – reviewing macro and micro nutrients
Food science

2. Food safety



6. Practice investigation task
• pastry or small cakes



7. vegetables
• Use of relevant equipment- activfry, steamer... - collaborating
• Research task
• Investigating cooking methods for different vegetable

1. Develop knowledge on pastries – shortcrust, sweet shortcrust, puff and choux

YEAR 10

10. Desserts
• Practice skills that are required for a selection of sweet treats -puddings/ biscuits/ cakes/

8. Meats
• Using different types of meat and methods to cook them to produce healthy meals
• Exploring flavorings and accompaniments
• Use of food probe to ensure food safety



11. Assessment



9. Fish
• Preparing fish and cooking in a variety of ways

8. Soup
• Preparing of ingredients – knife skills (nutrition)

2. Breakfast products
• Food safety and hygiene
• Use of relevant equipment
• Maintaining work area
• Investigating different methods for cooking breakfast and consider nutrition

3. Pack lunches
• Food safety and hygiene
• Use of relevant equipment
• Maintaining work area
• Explore different types of sandwiches and fillings (nutrition)
• Modifying biscuit recipe

4 Salads
• Food safety and hygiene
• Use of relevant equipment
• Maintaining work area
• Preparing of ingredients – knife skills (nutrition)
• Investigation of food

5. Pasta
• Use of relevant equipment- pasta machine- collaborating
• Research task
• Creating healthy pasta sauce (nutrition)
• Modifying biscuit recipe

6. Bread making – sweet and savory
• Making own choices (SMSC)
• Choosing ingredients and prepping
• Kneading and proving
• Working independently –using ovens

1. Eggs
• Investigating different methods for cooking eggs and experiment



YEAR 9

5. Short crust pastry – tarts and savory flans
• Making own choices (SMSC)
• Choosing ingredients
• Working independently –using ovens
• Extending rubbing in skills
• Designing and evaluating

4. Dough making- pasta
• Preparation
• Working in groups dough
• Design and make balanced pasta meal
• Researching pasta

3. Bread making – pizza
• Making own choices (SMSC)
• Choosing ingredients and prepping
• Kneading and proving
• Working independently –using ovens
• Investigating cheeses
• Evaluating



1. Reviewing hygiene and safety and nutrition



6. Healthy sweet snacks- muffins, flapjack and cookies
• Making own choices (SMSC)
• Modifying basic recipes



2. Complex carbohydrates

8. Cous cous salad
• Vegetable preparation
• Making own choices (SMSC)

9. Fruit tasting and fruit salad
• Fruit preparation
• Making own choices (SMSC)
• Knife skills
• Develop sensory testing

11. Upside down cake
• Making own choices (SMSC)
• Choosing ingredients- all in one and fruit preparation
• Working independently –using ovens

YEAR 8

7. Product evaluation of peelers
• Peeling skills
• Evaluation skills
• Group work (SMSC)

6. Development of rubbing in methods – scones
• Rubbing in
• Fruit preparation
• Improving nutritional value through modifications.
• Designing and evaluating

10. Puff pastry squares – using prepared ingredients
• Making own choices (SMSC)
• Knife, rolling, shaping baking skills
• Working independently –using ovens
• Design and evaluate

Nutrition
• Eat well plate
• Food pyramid
• Making healthy choices
• Designing meal
• Preparing food choice using skills learnt



2. Sam 'n' Ella Café
• Investigate and identify food safety and hygiene
• Record findings
• Explain findings and prevention

YEAR 7

5. Rubbing in method- crumble
• Rubbing in
• Fruit preparation
• Improving nutritional value through modifications.

4. Small buns
• All in one method

3. Small buns (group)
• All in one method
• Working collaboratively (SMSC)

1. Introduction to food safety and hygiene.

