

Food Preparation & Nutrition Learning Journey

Skills

Year 11 "Becoming KS5 Ready"

- Yr. 11. Students investigate their given context from the AQA exam board. Students plan, investigate, analyse, create and evaluate their choices.
- NEA 1 removed from course when sitting exam in
- NEA 2 A chance to research, plan, prepare and present 2 different dishes to showcase their practical

"Developing into Year 10 **Independent Learners**"

- Yr10. Students complete mock NEA's, knowledge and understanding develops further considering food choices, special diets, food science, food processing and food provenance.

 Practical cooking sessions every alternate week.

Year 9 "Developing Skills to Enhance Learning"

Yr9 - FOOD PREPARATION AND NUTRITION A skills building year - Students develop knowledge about different food commodities and a variety of ways to work with them, along with nutritional values. Knowledge and understanding of a healthy, balanced

Year 8 "Taking Responsibility for Learning"

Yr. 8 Students develop further knowledge about food choices and adapting diets (considering other's needs.) Complexity of cooking skills develops using a wider variety of ingredients.

Year 7 "Transition to High School" Yr. 7 Learning is based around appertaining knowledge and building basic technical knowledge and skills in

Practical cooking sessions every alternate week.

both nutrition and cooking.

Practical cooking sessions every alternate week.

Knowledge

Revision for Theory Exam

AQA Final Exam

KS5 Study

Education,

Hand in ready for assessment

Practical dishes to be completed.

NEA 2

The Food Preparation

Food provenance



Recap of learning from Year 9 and Year 10

Food spoilage

Food science

Planning and adapting for specific diets / intolerances / allergies, health issues linked with diet.

Where does energy come from?

Diet and good health



Food commodities

Food commodities

Food commodities

Food commodities

Healthy Eating

Food Provenance

Food Choice



Macro nutrients

Macro nutrients

Consideration of nutritional needs for different ages, different diets, etc.

Food Provenance; using local produce.



Baseline Assessment Staying safe in

Healthy Eating; making healthier choices.

Macro and micronutrients

Healthy Eating; a balanced diet



Baseline Assessment of prior knowledge and skills accumulated during KS1 & 2

Staying safe in the kitchen