

# Learning Journey

## For

### Food Preparation and Nutrition



Year 7	Autumn	Spring	Summer
	1 – Kitchen hazards - Knives 2 – Food journeys 3 – Eatwell guide - carbs 4 - Seasonality 5 – Heat transfer methods	6 – Practical learning 7 – Sensory analysis <u>Changeover to DT</u> 1 – Materials Woods 2 – Design briefs - puzzles	3 – Modelling Card 4 – CAD/CAM 5 – Health and Safety – sanders 6 – Practical learning 7 - Evaluations

Year 8	Autumn	Spring	Summer
	1 – Kitchen hazards - Ovens 2 – Food provenance 3 – Eatwell guide - fats 4 – Health trends 5 – Food certification	6 – Practical learning 7 – Sensory analysis <u>Changeover to DT</u> 1 –Materials Metals 2 –Design briefs – key letters	3 – Modelling wood 4 - CAD/CAM 5 – Health and Safety - drills 6 – Practical learning 7 - Evaluations

Year 9	Autumn	Spring	Summer
	1 – Kitchen hazards - Boiling 2 – International cuisine 3 –Eatwell guide – fruit and veg 4 - Bacteria 5 –Macro nutrients	6 – Practical learning 7 – Sensory analysis <u>Changeover to DT</u> 1 – Materials Polymers 2 – Design briefs – phone holder	3 – Modelling virtual 4 – CAD/CAM 5 – Health and Safety – line bender 6 – Practical learning 7 - Evaluations

Year 10	Autumn	Spring	Summer
	1 - Hazards and knife safety 2 –Fruit and vegetables 3 – Practical learning 4 – Principles of nutrition 5 - Seasonality	1 - Cereals 2 – Food processing 3 – Special diets 4 – Fibre in the diet 5 – Practical learning	1 – Meat and fish 2 – Practical learning 3 – Food provenance 4 – Organic food 5 - Eggs

Year 11	Autumn	Spring	Summer
	1 –Planning the NEA 2 – Food investigation 3 – Research methods 4 – Recording and analysing results 5 – Food experiments	1 – Recipe research 2 – Explore hypothesis options 3 – Research investigations 4 – NEA completion 5 – NEA completion	1 – Revision - Nutrition 2 – Revision -Diet and health 3 – Revision - Hygiene 4 – Revision – Commodities 5 – Revision – Exam techniques

## CONCEPTS –

Nutrition / Food Safety / Hygiene / Healthy diets / Food Provenance / Food Science / Nutrition / Product Development / Special diets / Food Waste and Sustainability / Cultures and cuisines / Food spoilage / Practical skills