

# Food Preparation & Nutrition

Year	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
7	<p><b>Food &amp; Kitchen Safety</b>            Preparing for practical work            Weighing &amp; Measuring accurately            Using the hob            Sensory Evaluation            Use of correct vocabulary            Using electrical equipment safely            Knife skills            Nutritional values            Environmental impact, Carbon emissions, food miles</p>	<p><b>Basic Food Preparation &amp; Nutrition</b>            Knife Skills            (Couscous/Pasta Salad)            Fruit &amp; Vegetable preparation            Presenting food attractively            Food Commodities            Apple Crumble</p>	<p><b>Food Science, Eatwell Guide &amp; Food Provenance</b>            Farming methods – grown, caught, reared, intensive, free range, organic            Discussing/debating/comparing pros and cons of different farming methods            Preparation of fruit            Use of Oven            Rubbing-In Method (psychomotor skills)            Shortening (fat &amp; flour) – waterproof layer            Weighing &amp; measuring            Evaluating</p>	<p><b>Food Commodities, Protein Alternatives, Soya, Tofu, Beans, Nuts, Seeds</b>            Dough making, shaping, kneading, rolling, assembling &amp; preparing ingredients, layering            Protein alternative foods            Preparation &amp; cooking of protein alternatives            International cuisine            Food processing</p>	<p><b>Food Science Investigation – Creaming Method</b>            Functional properties of foods            Creaming ingredients            Stable foams            Scientific terminology            Psychomotor skills            Making &amp; shaping a dough            Using the oven            Evaluating            Planning Investigation/practical            Planning</p>	<p><b>Practical Skills &amp; Assessment</b>            Psychomotor skills            Independent working            Evaluating            Knowledge &amp; understanding of the theoretical aspects of the module            Reviewing, adapting, modifying, justifying, analysing, evaluating</p>
8	<p><b>Macronutrients &amp; Nutritional Profiling</b>            Function &amp; Sources of Macronutrients            Planning understanding of theoretical knowledge            Making a Salad            Knife skills            Using the hob            Presenting food attractively            Classifying vegetables            Explaining importance in diet</p>	<p><b>Fish &amp; Food Waste</b>            Classification of fish            Denaturation            Coagulation            Filleting Fish (optional)            Skinning &amp; Deboning (optional)            Blue chopping board            Using the oven            Fishfingers            Coating &amp; binding            Food processor            Foods most wasted            Using left-overs            Food labels</p>	<p><b>Batch Production &amp; Food Labelling</b>            Handing Filo Pastry            Shaping, filling, sealing            Spring Rolls or Samosas            Making an even consistent batch            Food labels            Food a Fact of Life            Informed Choices            Common Allergens            Making a Cheesecake</p>	<p><b>Chemical Raising agents &amp; cooking methods</b>            Investigation/Experiment            Bicarbonate of Soda            Baking Powder            Biscuit dough            Shaping            Batch production            Cooking food            Heat transfer            Gelatinisation</p>	<p><b>Cereals</b>            Definition            Identification of different types            Oats &amp; rice grown and milled            Preparation &amp; Cooking of cereals            Planning a practical</p>	<p><b>Practical Skills &amp; Assessment</b>            Writing a time plan            Quality Control Points            Health &amp; Safety Checks            Preparing, cooking &amp; serving a dish which shows a range of skills            Working independently &amp; safely            Evaluating individual performance</p>

# Food Preparation & Nutrition

	Describing High risk-foods Using grill and hob					Knowledge & understanding of theoretical aspects
9	<p><b>Micronutrients</b> Vitamins: A, B, C, D Minerals: Calcium, Iron, Sodium Function, food sources, deficiency/excess Tomato &amp; Basil Tart: Blind baking shortcrust pastry Coagulation &amp; Denaturation Nutritional needs of different target groups</p>	<p><b>Food Science (Fermentation/Caramelisation)</b> Functional &amp; chemical properties of ingredients (Dextrinisation &amp; gluten formation) Kneading, proving, fermenting, shaping bread</p>	<p><b>Food Processing &amp; Recommended Daily Intakes</b> Functions &amp; ingredients needed to make pasta Using a pasta machine Difference between Flaky &amp; Choux Pastry Gelatinisation Making Choux pastry Faults with pastry making</p>	<p><b>Pastry Skills focus</b> Functions &amp; ingredients needed to make pasta Using a pasta machine Difference between Flaky &amp; Choux Pastry Gelatinisation Making Choux pastry Faults with pastry making</p>	<p><b>British &amp; International Cuisine</b> Factors that influence food choice Making flaky pastry Categorising food into seasons Advantages &amp; disadvantages of seasonal foods Define cuisine Distinctive features of British, Italian, Indian or other cuisines</p>	<p><b>Practical Skills &amp; Assessment</b> Prepare, cook and serve two dishes that demonstrate a range of practical skills Work independently &amp; safely Evaluate performance of practical Demonstrate knowledge &amp; understanding of the theory work</p>
10	<p><b>Nutrition &amp; Health</b> Macronutrients, Micronutrients, Nutritional Needs &amp; Health</p>	<p><b>Food Science</b> Cooking of food &amp; heat transfer, Functional &amp; Chemical properties of foods</p>	<p><b>Food Safety</b> Food spoilage &amp; Contamination, Principles of food safety</p>	<p><b>Food Choice</b> Factors affecting food choice, British &amp; international cuisine, Sensory evaluation</p>	<p><b>Food Provenance</b> Environmental impact and sustainability of food, Food production &amp; processing</p>	<p><b>Mock NEA1/2</b> Food Science investigation, Research, Investigation, Analysis &amp; Evaluation</p>
11	<p><b>NEA 2</b> Research, Demonstrating technical skills, Planning for the final, Analyse &amp; Evaluate</p>	<p><b>Assessed Practical's</b> 3 Trial Dishes, Demonstrating complex skills</p>	<p><b>NEA 2 Practical Examination</b> 3 hour Plan, Prepare, Cook assessment</p>	<p><b>NEA 2 / Revision</b> Revision of all theory topics, Past exam papers, Tests, Knowledge organisers</p>	<p><b>Revision</b> Revision of all theory topics, Past exam papers, Tests, Knowledge organisers</p>	<p><b>Revision</b> Revision of all theory topics, Past exam papers, Tests, Knowledge organisers</p>