FOOD PREPARATION & NUTRITION



KNOWLEDGE

SKILLS

Year 11

NEA 1. Investigation into ingredients (20%)

NEA 2 Research, Trail dishes, final practical, evaluation (30%)

Final written paper

Classification. Evaluation and sensory

Further study of food and nutrition at college Apprenticeships within the hospitality industry Hotel management Prospects for employment in hospitality around the world! Plan of action & Hypothesis evaluation. fair testing. Hypothesis. Sensory analysis & results Intro to NEA 1 & 2. Dem: product from brief.

The future

Healthy Intro into Gluten. Nutritional values to include sources/ functions and deficiencies eating

Trials of chosen dishes for the final practical class

Nutrition and types of animal proteins. Classification.

Traceability

Nutritional requirements

The role of nutrients Key nutrients in the diet

Year 9

Theory into how to keep food safe. danger zone. food poisoning. Cooking temps. Chopping boards. Food provenance. Food waste. Food Air miles.

Year 8

Theory into how to keep food safe.

danger zone. Food poisoning.

Cooking temps.

Chopping boards.

Cultures and cuisines Special diets

Factors influencing different cuisines

The sustainability of food and food waste.

Portion control Ways to reduce air miles

Food waste

Food miles

Correct use of equipment Bacterial

contamination

Provenance

Food

Health and safety in the food room.

HACCP

Causes of food poisoning Food spoilage

Food Spoilage

Sustainability

Year 7 Health and Safety Food hygiene Healthy Eating Knife Skills Grilling Baking Weighing and Measuring Evaluating Sensory Analysis

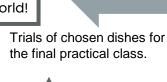


Food hygiene Diet and good health What is Food preparation and Nutrition?

Health and safety in the food Room.

Catering in the classroom. Hospitality in Industry. Eatwell plate.

Knife skills Expectations Principles of Nutrition



Practical assessment

Sensory Analysis of processed meats.

> Food packaging Origins of food

products

The science of

cooking foods.

The science of cooking.