Food Preparation and Nutrition Learning Journey

Assessment Revision

Here you will complete revision for the final exam which tests all the knowledge you have gained in KS4. This is worth 50% of your GCSE grade. The exam is 1.45 hours.

Practical skills in Year 11

As part of NEA1, you will complete a range of practical experiments to investigate the task. This could be anything from testing sugar in meringues to what flour makes a white sauce. As part of NEA2 you will make 3 – 4 technical skills dishes and then 3 dishes as part of your practical exam.

Food Provenance

Here you will learn how food is grown, caught, grown and reared. You will also learn how to make choices that affect the environment including how to prevent food waste, why different packaging is used and the effect of the environment and the effect of food production on a local and global scale

NEA 1

Here you will continue your MasterChef journey by Investigate the functional and chemical properties of food. This will include research, experiments and investigations and the production of a report. This is worth 15% of your GCSE grade.

NEA 2

Here you will research the task to plan and prepare dishes which fulfil a task title given by the exam board. You will then plan and complete a 3-hour practical making your three chosen dishes. All your practical work is evaluated. We will also help you to prepare for a written assessment. This is worth 35% of your GCSE grade

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Food Choices

You will understand that we all make choices over what we eat and how and when we eat. This includes moral and ethical decisions as well as religious and cultural influences. You will also learn how companies' market and advertise to us

Food Safety

Here you will how to be safe when storing, preparing and cooking food. You will learn how food spoils and how to slow this down. You will also learn how we positively use bacteria in food production

Food Science

You will learn why we need to cook food and the different methods we use. You will learn about the functions of carbohydrates, fats and proteins used in foods and how raising agents work.

Diet, nutrition and health

You will learn about why having a healthy diet throughout life is important and the nutrients needed to support the body. You will learn.

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Practical Skills in Year 10

Throughout year 10 you will develop a range of practical skills including shortcrust pastry, rough puff pastry, choux pastry. You will learn to make bread dough, enriched bread and pasta dough. You will learn to handle meat and fish correctly, to make a range of sauces, meringues and how to use a breadth of equipment safely and correctly

Practical skills in Year 9

In year 9 you will continue developing your culinary skills, making a broad range of dishes including mac 'n' cheese, Kebabs and a £1 dish. You'll also develop KS4 skills including shortcrust pastry, dough and homemade jam.

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Influences of Food Choices

You will study what makes us pick certain foods and how they influence our food decisions. These include income, activity levels and culinary skills.

Costing a dish

You will look at how much food items cost and learn how to plan a meal on a budget!

Culture and religion

Here you will look at the different religions from around the world and how they influence food

Food from around the world

You will select a country and investigate the food and cultures of that country. You will look at what is grown there, eaten their, the religion and customs of that country.. You will select and make a dish from your chosen country.

Practical skills in Year 8

In year 8 you will build on the practical skills developed in year 7 and make a range of savoury and sweet dishes including Pasta and a sauce, pizza and chocolate mousse.

Meal Planning for a Teenager

Here you will apply your learning and research, plan and make a dish suitable for a teenager. You will also have the opportunity to evaluate your own work using the skills you have gained this year.

Eating Healthily via the Eatwell Guide.

Throughout year 8 you will learn about every aspect of The Eatwell Guide. You will learn how it has been designed to keep us healthy and the benefits of good health. You will explore each aspect, including the range of foods included in a section, sources and functions in the body.

Basic Kitchen Skills

You will recap the practical skills you learnt in year 7 and remind yourself on how to stay safe in the kitchen, including knife skills, storage, weighing, measuring and kitchen safety and hygiene rules.

Where does your food come from?

You will learn about where in the world different foods are from and the traditions and food cultures around the world. You will learn about British foods, seasonality and

Practical skills in Year 7

Throughout the year you will develop a range of practical skills, including preparation skills, using the cooker and storing food correctly. You will make a range of dishes including Toad in the Hole, egg fried rice, muffins and cookies.

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Being Healthy

Here you will learn about the roles of the nutrients in our diet and why a balanced diet is so important. You will learn how to effectively read nutritional labels

Working Safely

Here you will learn how to safely conduct yourself in a busy practical kitchen. You will learn how to use a knife and how to safely prepare food. This is the start of your Culinary journey to success!

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