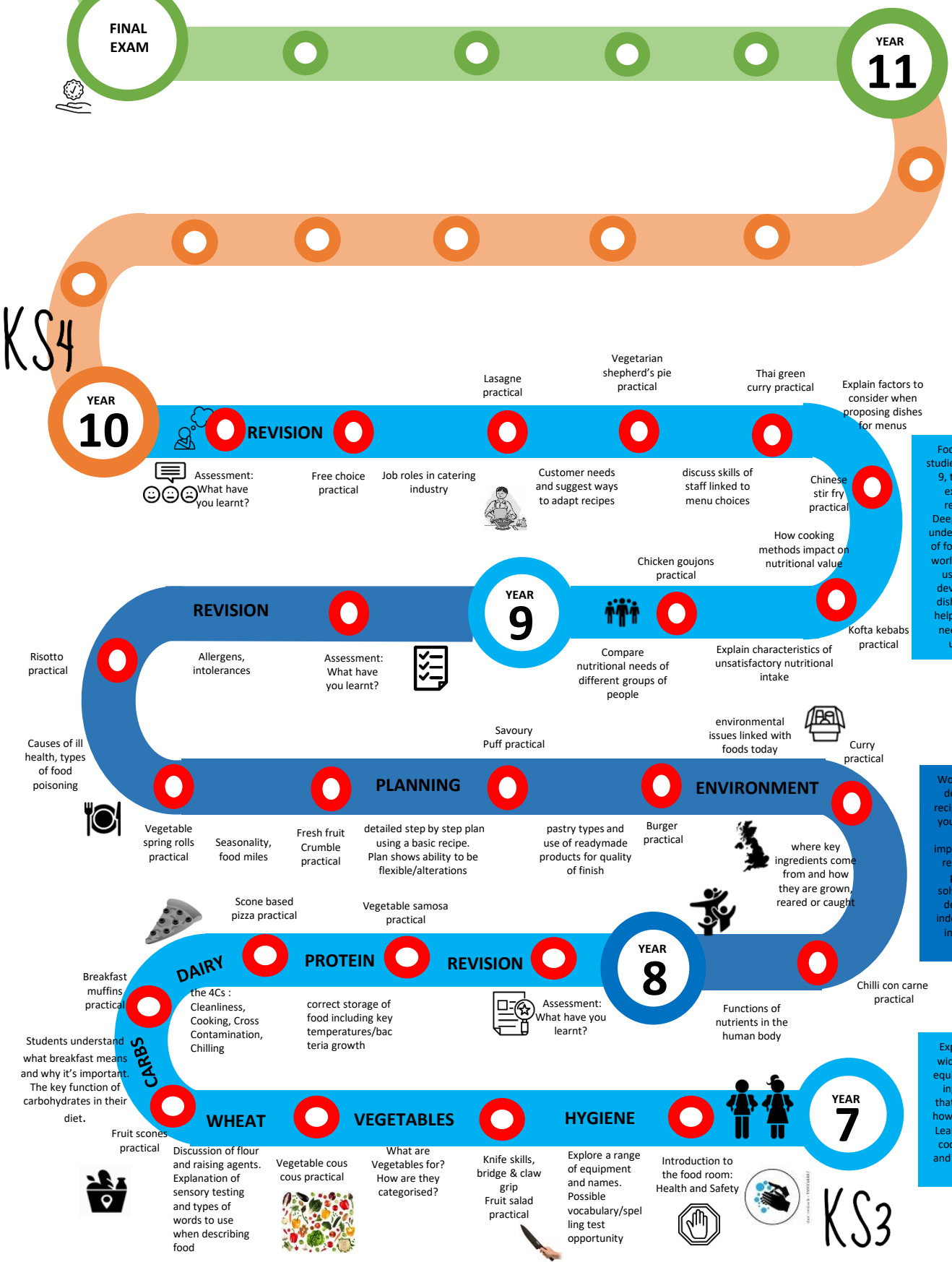


# Food learning journey

KS4



**YEAR 11**

**YEAR 10**

**REVISION**

Assessment: What have you learnt?

Free choice practical

Job roles in catering industry

Customer needs and suggest ways to adapt recipes

discuss skills of staff linked to menu choices

Chinese stir fry practical

How cooking methods impact on nutritional value

Vegetarian shepherd's pie practical

Thai green curry practical

Explain factors to consider when proposing dishes for menus

Focus your studies in years 9, through exciting recipes. Deepen your understanding of food in the world around us whilst developing dishes that help various needs and users.

**YEAR 9**

**REVISION**

Risotto practical

Allergens, intolerances

Assessment: What have you learnt?

Compare nutritional needs of different groups of people

Explain characteristics of unsatisfactory nutritional intake

Kofta kebabs practical

Work in more depth with recipes, honing your practical skills, improving your resilience & problem solving whilst developing independence in the food room.

**PLANNING**

**ENVIRONMENT**

Causes of ill health, types of food poisoning

Savory Puff practical

environmental issues linked with foods today

Curry practical

Vegetable spring rolls practical

Seasonality, food miles

Fresh fruit Crumble practical

detailed step by step plan using a basic recipe. Plan shows ability to be flexible/alterations

pastry types and use of readymade products for quality of finish

Burger practical

where key ingredients come from and how they are grown, reared or caught

**YEAR 8**

**DAIRY**

**PROTEIN**

**REVISION**

Breakfast muffins practical

the 4Cs: Cleanliness, Cooking, Cross Contamination, Chilling

correct storage of food including key temperatures/bacteria growth

Assessment: What have you learnt?

Functions of nutrients in the human body

Chilli con carne practical

Scone based pizza practical

Vegetable samosa practical

Experience a wide range of equipment and ingredients that teach you how they work. Learn valuable cooking skills and in the food room.

**WHEAT**

**VEGETABLES**

**HYGIENE**

Students understand what breakfast means and why it's important. The key function of carbohydrates in their diet.

Fruit scones practical

Discussion of flour and raising agents. Explanation of sensory testing and types of words to use when describing food

Vegetable cous cous practical

What are Vegetables for? How are they categorised?

Knife skills, bridge & claw grip

Fruit salad practical

Explore a range of equipment and names. Possible vocabulary/spelling test opportunity

Introduction to the food room: Health and Safety

**YEAR 7**

KS3

FINAL EXAM