

FOOD & NUTRITION

Our Learning Journey

YEAR 7

Theme – Home Cooking

- 1 Introduction to the Food Room and food hygiene/ safety
- 2 Effective washing up
- 3 Knife Skills – Fruit Plate Practical
- 4 Food Allergies
- 5 Sensory Analysis – Biscuit tasting
- 6 Eatwell Guide to healthy eating
- 7 Presentation skills – Designer Sandwiches practical
- 8 Oven safety and heat transfer methods
- 9 Baking – Fruit Muffins practical
- 10 Baking – Cookies practical
- 11 Heat transfer by convection/ boiling
- 12 Carbohydrates – Pasta Salad practical
- 13 Heat transfer by conduction/ frying
- 14 Protein – Omelette, scrambled and fried egg practical
- 15 British Cuisine and Seasonality
- 16 Baking – Scones practical
- 17 Dish composition – full English Breakfast
- 18 Carbohydrates – bread rolls
- 19 Baking – Potato Wedges
- 21 Baking – Welsh Cakes

YEAR 8

Theme – European Cooking

- 1 Recap on the Food Room and food hygiene/ safety and washing up
- 2 Recap on food allergies and oven safety
- 3 Baking – Garibaldi Biscuits Practical
- 4 European Food – Eatwell Guide and Vegetarian Diet
- 5 Gelatinisation – Cheese Sauce/ Mac and Cheese Practical
- 6 Gluten Formation – Pizza Dough
- 7 Presentation Skills – Pizza Topping
- 8 Gluten formation – Focaccia Bread
- 9 Protein and Meat Safety – Chicken Goujons
- 10 Meat Safety – Swedish Meatballs
- 11 Gluten/ Plasticity – Fresh Pasta practical
- 12 Maillard Reaction – Bolognese Sauce Practical
- 13 Maillard Reaction – Lasagne
- 14 Carbohydrates – Potato Rosti Practical
- 15 Carbohydrates – Risotto Practical
- 16 Carbohydrates – Bratkartoffeln
- 17 Meat Safety – Hungarian Goulash
- 18 Baking – Speculoos Biscuits/ Gingerbread Practical
- 19 Frying – Chicken Kiev
- 20 Lower fat alternatives – Crumpet Churros Practical?
- 21 Baking – Apple Strudel
- 22 Baking – Dutch Apple Cake Practical
- 23 Baking – Swiss Roll Practical

YEAR 9

Theme – Global Food

- 1 Recap on the Food Room and food hygiene/ safety and allergies and washing up
- 2 World Foods and Eatwell Guide
- 3 Protein Coagulation – American Cheesecake Practical
- 4 Baking – American Pancakes
- 5 Baking – Chocolate Brownie
- 6 Meat Safety – Hamburger Practical
- 7 Heat transfer by Conduction and Convection – Onion Bhaji Practical
- 8 Protein and Marinating – Chicken Korma
- 9 Gluten Formation – Naan Bread Practical
- 10 Alternatives to wheat flour – masala Dosa
- 11 Using leftover food – Fried Rice
- 12 Healthy Eating – Ramen Practical
- 13 Protein and Carbohydrates – Fajitas
- 14 Presentation Skills – Mexican Loaded Fries Practical
- 15 Heat transfer – Moroccan Tagine with Cous Cous
- 16 Presentation Skills – Mexican Loaded Fries Practical
- 17 Heat transfer – Moroccan Tagine with Cous Cous
- 18 Christmas Yule Log

Learn it • Cook it • Enjoy it • Eat Well for Life!