

7

Students will look at Hygiene Skills

1. Hygiene & Simple Skills

- Recipes
- Wholemeal Bread Rolls
 - Calzones
 - Cheese Turnovers

- Washing Up
- Weighing and Measuring
- Chopping Techniques

2. Food Safety

Food Storage

3. Health & Lifestyle

Student will learn about living a Healthy Lifestyle and learning to Cook Healthy Meals.

- Recipes
- Spicy Tomato Soup
 - Vegan Fruit Muffins
 - Flapjack

6. Commodities

- Milk
- Cheese
- Eggs

5. Food Science



Nutrients/Carbohydrates/Proteins/Energy

4. Nutrition

8

1. Revision of Hygiene

Students will re-cap their Hygiene Skills and their knowledge o these skills.

2. Food Safety

4 C's > Cleaning - Cooking - Chilling - Cross-contamination

- Recipes
- Chicken Curry
 - Paella
 - Layered Salad
 - Ginger Nut Cookies
 - Meatballs
 - Chocolate Muffins

4. Food Choice

Calcium

3. Nutrition

Dietary Fibre

Fat

Protein

Macro & Micro Nutrients

Sugars



...to include where food comes from and the factors affecting food choices - with practical lessons linked to theory.

9

1. Street Food Project

Geography, Climate, Economy, Migration, British Foods and Regional Foods

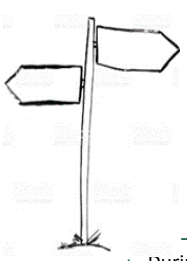
3. Where does Food come from?

4. Factors that affect our Food Choices

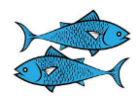
Assessment

5. Food Commodities and Nutrition

Dairy, Eggs, Fruit, Vegetable, Meat, Potatoes



10



Introduction to Food GCSE

Food Science

Rubbing in, Snap test, Plasticity of fat, Aeration, Coagulation of Proteins, Melting Method, Denaturation of Protein, Enzymes...

During this term students will also complete an Investigation task linked to special diets in preparation for their NEA2 in Year 11.

Food Commodities

Nutrients

Assessment

How to Present Food

11

NEA2

Revision

50% Written Exam

50% Coursework

NEA1

How will your Journey continue...?

