

# Food & Nutrition

**Food & Nutrition / Design Technology / Textiles in Key Stage 3 is taught as part of a rotation with Food and Nutrition and Design Technology (delete as appropriate). Students are provided with approximately 12 weeks of learning in each discreet subject area per year allowing them an intensive spotlight on each discipline from Years 7 through to 9.**

## Year 7

- Health & safety and food safety
- Kitchen procedures and working routines
- Healthy eating - Eatwell guide
- Basic knife skills - bridge & claw techniques
- Ultra processed foods
- Enzymic browning (food science)
- Gluten development (food science)
- Shortening (food science) rubbing-in method
- Introduction to planning
- Practical lessons:
- Energy bar
- Deli salad
- Breakfast muffins
- Scones
- Bread rolls
- Burgers

## Year 8

- Revision of health & safety and food safety (including use of the hob)
- Recap kitchen procedures and working routines
- Healthy eating - 5 a day, macronutrients
- Revise knife skills
- Biological raising agent - yeast
- Acid denaturation (food science)
- Heat denaturation (food science)
- Coagulation (food science)
- Blind baking - revision of shortening (food science)
- Practical lessons:
- Reduction Sauce (brunosie)
- Pizza whirls (enriched dough - bread making)
- Shortbread and feather icing (creaming method)
- Ploughman's Tart (shortcrust pastry)
- Fajitas (marinating)
- Hand-held snack - bread or pastry based

## Year 9

- Revision of health & safety and food safety
- Recap kitchen procedures and working routines
- Advanced knife skills
- Gelatinisation (food science) Roux sauce
- Rough puff pastry - lamination
- Fermentation experiments
- Spices
- Healthy Eating - fibre, water, micronutrients
- Pane technique
- Methods of cooking
- Practical lessons:
- Fresh pasta - small groups
- Focaccia (enriched double proved bread)
- Citrus flan
- Profiteroles
- Stir-fry (bao buns)
- Chilli

## GCSE AQA - 8585

### Year 10

#### AQA Food Preparation & Nutrition GCSE

Content:

- Food Nutrition and health - nutrients and nutritional needs and health
- Food Science - cooking of food and heat transfer, functional and chemical properties of food
- Food Safety - food spoilage and contamination, principles of food safety
- Food Choice - factors affecting food choice, British & International cuisines, sensory evaluation
- Food Provenance - environmental impact and sustainability, Processing and production

Assessment:

- NEA food science and food preparation task
- Written examination
- Advanced practical's linked to topic areas including pastry, bread, sauces, pasta, meat, fish & vegetable preparation

### Year 11

#### AQA Food Preparation & Nutrition GCSE

Assessment:

- NEA 1 food science task
- NEA 2 food preparation task
- Written examination