

Food Year 7 Learning Journey

Year 7

Principles of Cooking

Health and Safety
Introduction to the kitchen
Safe use of Equipment



Food Safety
Personal Hygiene
Weigh and Measure



Preparation Skills
Cooking Techniques
Commodities

Healthier Options
Food Choice
Kitchen Terms



Food and the Environment
Sensory Analysis
Food Waste



Fairtrade
Ethical Food Choices
Allergies and Intolerance



Finishing and Decoration
Healthier Changes to Recipes

Year 8



Food Year 8 Learning Journey

Year 8

Food,
Health and
Wellbeing

4 C's for Hygiene
Food Poisoning
Eatwell Guide
Boiling

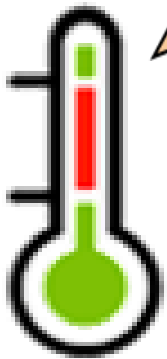


Bacteria
Food Storage
Macro Nutrients
Shallow Frying



Bacteria
Food Storage
Micro Nutrients
Stir Frying

Safe Temperatures
Dietary Analysis
Balanced Diet
Roasting and Stewing
Fat, Salt and Sugar



SUPER FOOD



HIGH PROTEIN



GOOD FATS



LOW CARB



UNDER 500 CALS



VEGETARIAN

Health Related Illness Related
to an Excess and Deficiency
of Nutrients
Combining Cooking Methods

Plan, Research. Prepare and
Cook a Healthier Dish Suitable
for a Teenager

Year 9

Food Year 9 Learning Journey

Year 9

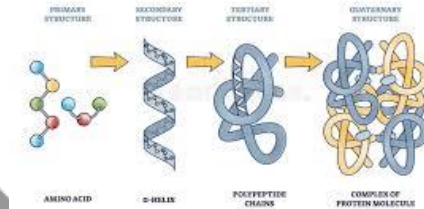
Food Science
Global Cuisine

Foods from Around the World
What is Food Science?

Protein and Denaturation
What is a Cuisine?



PROTEIN STRUCTURE



Different Cooking Methods
Effects on Food.
Aeration and Gelatinisation
How Food Cultures Have
Developed



Conduction
Convection
Radiation
Religious
Requirements

Chemical and Biological
Raising Agents
British Cuisine
Regional Food Variations

Plan, Research. Prepare and
Cook a Dish from your
Favourite Cuisine

Year 10

