

Subject: Food and Nutrition

Year Group: Year 7

Term One

This is a 9 week rotational modular course with Graphics, Textiles and Resistant Materials.

Students will be assessed on planning, making and evaluating.

Term Two

The course covers the basic preparation of a range of sweet and savoury dishes.

The work includes hygiene and safety when preparing food.

Term Three

Students will learn about the “sensory analysis” of food products when evaluating their work.

The module includes researching the “eatwell plate” and “5 A Day”



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Subject: Food and Nutrition

Year Group: Year 8

Term One

This is a 9 week rotational modular course with Graphics, Textiles and Resistant Materials/Engineering.

Students will build on their Year 7 skills to plan, make and evaluate.

Term Two

A range of sweet and savoury dishes.

They will develop their knowledge and understanding of the function of ingredients when cooking.

Term Three

The students will learn about healthy eating and living a healthy life style.

The students will research health issues e.g. obesity, Type 2 Diabetes.



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Subject: Food and Nutrition

Year Group: Year 9

Term One

This is a preparation course for GCSE Food i.e. Nutrition in Years 10/11.

Principles of food and nutrition:

- Basic nutrition
- Eatwell plate
- Food groups

To plan, make and evaluate a range of practical dishes both sweet and savoury.

Term Two - Food Commodities

- Cereals
- Fruit and vegetable
- Protein foods

To learn through theory and making.

To investigate “food issues” – GM foods/organic/seasonal/farm assured/air miles.

Term Three - Function of Ingredients

To understand why each ingredient is used.

How and why food is cooked – methods of cooking.

The use of seasonal foods in cooking.



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