



Food Overview

	Autumn Term 1.1	Autumn Term 1.2	Spring Term 2.1	Spring Term 2.2	Summer Term 3.1	Summer Term 3.2
Year 7	Knife skills and Health and safety	Introduction to macronutrients and healthy eating guidelines	Cooker and fire safety: Use of the hob, grill and oven	Food science - shortening crumble	Food science - gelatinisation, gluten formation	Standard components
Year 8	Knife skills and Health and safety <i>4c's for good hygiene, and introduction to raw meat</i>	Cooker and fire safety: Use of the hob, grill and oven <i>Macronutrients and micronutrients (extension to basic information from Yr7)</i>	Food science - shortening and introduction to raw meat <i>Multicultural cuisines: marinades</i>	Conditions for bacterial growth <i>Multicultural cuisines: religious and moral influences on food</i>	Multicultural cuisines: Marinades <i>Food science denaturation and coagulation</i>	<i>Food science denaturation and coagulation Food production methods and sustainability</i>
Year 9	Health and safety recap: Bolognese to recap procedures and hygiene expectations. Recap of 4c's, advanced knife skills.	<i>Macronutrients Food science - impact of cooking methods on sensory and nutritional values - link to prior knowledge of macro and micronutrients. Caramelisation / dextrinisation.</i>	Multicultural cuisines: different cuisines <i>Food science - impact of cooking methods on sensory and nutritional values - link to prior knowledge of macro and micronutrients. Sensory evaluations.</i>	Multicultural cuisines: religious and moral influences on food <i>Influences on food choices - life stages, medical needs - link to prior knowledge of guidelines (yr7) and influences (yr8).</i>	<i>Food science recap and extension: Shortening - Influences on food choices - life stages, medical needs - link to prior knowledge of guidelines (yr7) and influences (yr8).</i>	<i>Food science denaturation and coagulation Primary and secondary processing - continues from production methods (yr8) - butter making.</i>
Year 10	<u>Why is food cooked?</u> Influences on food choices Cooking methods sensory evaluation	<u>Macro and micronutrients:</u> Carbohydrates Proteins Fats Vitamins Minerals	<u>Different dietary needs:</u> Age groups Medical conditions religious consideration Moral and ethical	<u>Packaging and processing</u> Primary and secondary processing Packing methods Environmental considerations	<u>Mock NEA1 and NEA2:</u> recap of scientific principles Recap of different dietary needs	<u>Mock NEA1 and NEA2:</u> recap of scientific principles Recap of different dietary needs
Year 11	NEA1 Science investigation 15% GCSE	NEA1 Science investigation 15% GCSE	NEA2 Science investigation 35% GCSE	NEA2 Science investigation 35% GCSE	Revision and exam prep	

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