Wreake Valley Academy – Food preparation and Nutrition

NEA II

- A - Researching
- B – Demonstrate technical skills
- C – Planning for the final menu
- D – Making the final dish
- E – Analysis and evaluation

Food Preparation Assessment

Revision

REVISE

ReviseNOW!

EXAM

Post 16 Destinations: Apprenticeship, University, A Levels, Professional H & C Routes

KS4 – Food Preparation and Nutrition

Recap

Cuisines

Food choice

NEA I

- A – Research
- B - Investigation
- C – Analysis and evaluate

Food Investigation

Sensory analysis

Recap

Food Science

YEAR 11

- Food Provenance – Food processing and production
- Food Provenance – Environmental and sustainability
- Food Choice – Sensory Evaluation
- Cuisines
- Influences of Food choice

Food production

Food and the environment

Food sources

Sensory Testing

Taste receptors

Olfactory systems

International

British

Marketing

Biological

Chemical

Food labelling

Moral

Technological developments

Sustainability

KS4 – Food Preparation and Nutrition

Selecting appropriate cooking methods

Preparing, cooking and serving food

Buying and storing food

Microorganisms in food production

YEAR 10

- Food Science – Cooking of food and heat transfer
- Protein
- Carbohydrates
- Fats and oils
- Fruits and Vegetables
- Raising Agents

Food science

Coagulation

Denaturation

Gelatinisation

Caramelisation

Plasticity

Emulsification

Why food is cooked and how heat is transferred

Gluten Formation

Foam Formation

Dextrinization

Shortening

Aeration

Oxidation

Mechanical

Steam

Microorganisms and enzymes

KS4 – Food Preparation and Nutrition

Balance diet

Minerals

Vitamins

Carbohydrates

Year 9 - 11 Bakewell tart, quiche

YEAR 9

- Food spoilage and contamination
- Function of Fat, protein and carbohydrate
- Nutritional needs and health – Food, Nutrition and Health

Energy needs

Bacterial contamination

The signs of food poisoning

Diet nutrition and health

Nutritional analysis

Water

Fats

Protein

KS3 – Food and Nutrition

In Year 8 learners will develop confidence of cooking a range of dishes and understand the importance of nutrition and how it impacts food manufactures

Healthy Eating – Recap eat well guide and nutrition

Micronutrients

Accident Prevention

Food and Temperature

Food choice (diet analysis)

Diet and lifestyle Vegetarians

Culinary skills

Seasonal foods/food miles (recap)

Fairtrade : ethics

YEAR 8

- Nutrition
- Food Manufacturing
- Food Choice

Special Diets and religion

Food choice

Food safety in the kitchen (recap)

Practical routine (recap)

Macronutrients

Fats and Sugars

Food Bacteria

Food poisoning

Food Labelling

Cous-cous salad, cheese straws, gingerbread, mince pies.

KS3 – Food and Nutrition

Gluten

Organic Farming

Cooking terms

Sensory Analysis

Convection

Health and Safety within the kitchen and food.

Food Science

Enzymic browning

YEAR 7

- Commodities
- Heat transfer
- Culinary Skills
- Food Safety

In Year 7 learners will develop an understanding of nutrition and culinary skills and how it impacts food choice

Seasonal Foods

Food Miles

Raising agents

Conduction

Using the hob

Rubbing in method

Eat Well guide and nutrition

The '4' C's Bacteria and Hygiene