

What will I study in Food and Nutrition?

	Term 1	Term 2	Term 3
Year 11	<ul style="list-style-type: none"> • NEA 1 Food investigation assessment. • NEA 2 Food preparation assessment. Revision of; <ul style="list-style-type: none"> • Principles of nutrition: macro and micro nutrients, water and fibre. • The Science of Food and food spoilage. • Food commodities. 	<ul style="list-style-type: none"> • NEA 2 Food preparation assessment. • NEA 2 Practical examination. Revision of; <ul style="list-style-type: none"> • Diet and good health: Plan balanced diets, Calculate energy and nutritional values of recipes, meals and diets. • Where our food comes from • Food commodities. 	Revision of all topics and practice exam questions/ past papers.
Year 10	<ul style="list-style-type: none"> • Principles of Nutrition: the names, functions, sources, DRV's, the consequences of too little, too much, complimentary action of each macro and micro nutrient to include water and dietary fibre. • Food spoilage. • Where our food comes from; food provenance, food manufacturing. <i>Practical activity is based around the topics, building on KS3 skills and introduces more complex technical skills.</i>	<ul style="list-style-type: none"> • The science of food to include reasons why food is cooked; heat transfer methods; the science of carbohydrates; proteins; fats and oils and raising agent. • Sensory evaluation • Mock NEA 1. • Factors affecting food choice. 	<ul style="list-style-type: none"> • Diet and good health to include; different requirements of different life stages; specific dietary needs; diet related health problems; energy requirements and the planning balanced meals. • Mock NEA 2.
KS3 Curriculum: Carousel based KS3 The modules covered are per term but the groups are also taught Design/Technology. As result each group will experience one or more of the Design and Technology curriculum as well as Food Technology over the year.			

Year 9	<ul style="list-style-type: none"> Principles of nutrition: macro and micro nutrients. Diet related health related problems. British Cuisine. International Cuisines. <p><i>Practical activity is about developing a wider range of medium technical skills that can be adapted to make a range of creative and nutritional dishes.</i></p>	ROTATIONS	ROTATIONS
Year 8	<ul style="list-style-type: none"> Hygiene and safety recap from Year 7. Healthy eating; 8 tips for healthy eating, an introduction to nutrients and the nutritional needs for different life stages. Introduction to food science. Researching, justifying and planning dishes for a specific life stage. <p><i>Practical activity is based around the food science topics and develops medium technical skills to make a range of creative and nutritional dishes.</i></p>	ROTATIONS	ROTATIONS
Year 7	<ul style="list-style-type: none"> Hygiene and safety; the control and prevention of bacterial contamination. Introduction to healthy eating; the eat well guide. Use of different parts of a cooker to make a range of products to develop a range of basic technical skills. 	ROTATIONS	ROTATIONS