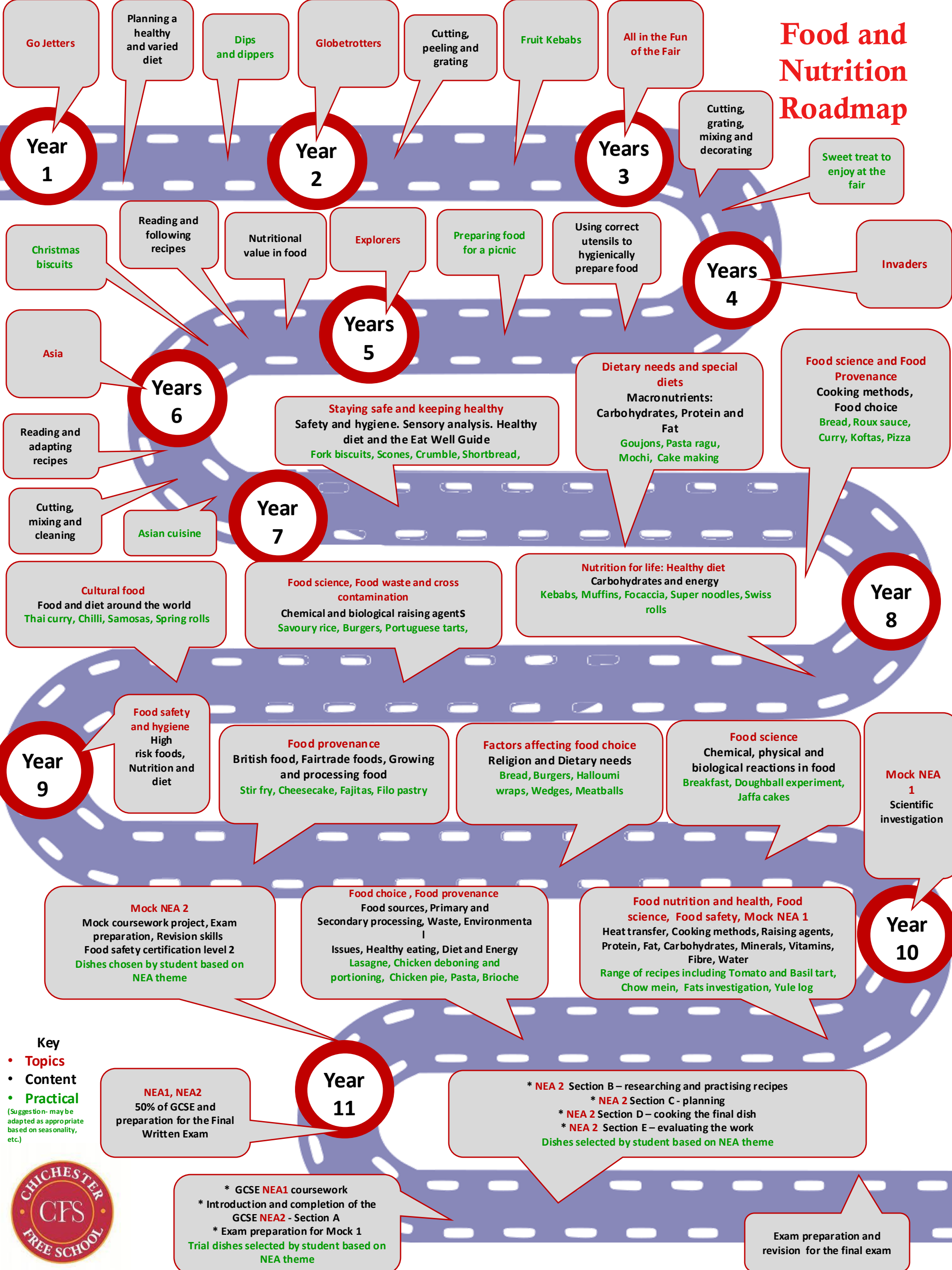


Food and Nutrition Roadmap



Year 1

- Go Jettors
- Planning a healthy and varied diet

Year 2

- Dips and dippers
- Globetrotters
- Cutting, peeling and grating

Year 3

- Fruit Kebabs
- All in the Fun of the Fair
- Cutting, grating, mixing and decorating
- Sweet treat to enjoy at the fair

Year 4

- Invaders
- Using correct utensils to hygienically prepare food

Year 5

- Explorers
- Preparing food for a picnic

Year 6

- Asia
- Reading and adapting recipes
- Cutting, mixing and cleaning
- Asian cuisine

Year 7

- Staying safe and keeping healthy
- Safety and hygiene. Sensory analysis. Healthy diet and the Eat Well Guide
- Fork biscuits, Scones, Crumble, Shortbread,

Year 8

- Dietary needs and special diets
- Macronutrients: Carbohydrates, Protein and Fat
- Goujons, Pasta ragu, Mochi, Cake making

Year 9

- Food safety and hygiene
- High risk foods, Nutrition and diet

Year 10

- Food science and Food Provenance
- Cooking methods, Food choice
- Bread, Roux sauce, Curry, Koftas, Pizza

Year 11

- NEA1, NEA2
- 50% of GCSE and preparation for the Final Written Exam

Year 1

- Christmas biscuits

Year 2

- Reading and following recipes
- Nutritional value in food

Year 3

- Cutting, grating, mixing and decorating

Year 4

- Invaders

Year 5

- Preparing food for a picnic

Year 6

- Reading and adapting recipes

Year 7

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- Safety and hygiene. Sensory analysis. Healthy diet and the Eat Well Guide
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Year 11

- NEA1, NEA2
- 50% of GCSE and preparation for the Final Written Exam

Year 1

- Go Jettors

Year 2

- Dips and dippers

Year 3

- Fruit Kebabs

Year 4

- Invaders

Year 5

- Explorers

Year 6

- Asia

Year 7

- Staying safe and keeping healthy

Year 8

- Dietary needs and special diets

Year 9

- Food safety and hygiene

Year 10

- Food science and Food Provenance

Year 11

- NEA1, NEA2

Year 1

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- Explorers

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Year 11

- NEA1, NEA2

Key

- Topics
- Content
- Practical

(Suggestion - may be adapted as appropriate based on seasonality, etc.)



* GCSE NEA1 coursework
 * Introduction and completion of the GCSE NEA2 - Section A
 * Exam preparation for Mock 1
 Trial dishes selected by student based on NEA theme

* NEA 2 Section B – researching and practising recipes
 * NEA 2 Section C - planning
 * NEA 2 Section D – cooking the final dish
 * NEA 2 Section E – evaluating the work
 Dishes selected by student based on NEA theme

Exam preparation and revision for the final exam