My Food Journey

YEAR 7

In Year 7 learners will develop basic understanding of nutrition and culinary skills.

Year 7 - 8 a range of savoury and sweet dish will be produced along side theory

KS3 – Food and Nutrition

- **Nutrition**
  - Macronutrients
  - Micronutrient
  - Healthy Eating – Recap eat well guide and nutrition
  - Food safety the kitchen (recap)
  - Practical routine (recap)
- **Food Poisoning**
  - Food Bacteria
  - Food poisoning
  - Accident prevention
  - Food Labelling
- **Food Choice**
  - Food and Temperature
  - Food choice (diet analysis)
  - Diet and lifestyle Vegetarians
  - Special Diets and religion
  - Gluten
- **Food Function**
  - Organic Farming
  - Cooking terms
  - Sensory Analysis
  - Convection
  - Health and Safety within the kitchen and food.
  - Thickening and raising agents
- **Commodities**
  - Seasonal Foods
- **Food Preparation and Cooking methods**
  - Using the hob/oven/grill
  - Knife skills bridge/claw
  - The '4' C's Bacteria and Hygiene
- **Culinary skills**
  - Seasonal foods/food miles (recap)
  - Fairtrade : ethics

YEAR 8

In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about food choice.

KS3 – Food and Nutrition

- **Nutrition**
  - Micronutrient
  - Healthy Eating – Recap eat well guide and nutrition
  - Food safety the kitchen (recap)
  - Practical routine (recap)
  - Macronutrients
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- **Culinary skills**
  - Seasonal foods/food miles (recap)
  - Fairtrade : ethics

YEAR 9

KS4 – Hospitality and Catering

- **Understand the importance of nutrition when planning menus**
  - AC1.1 Describe functions of nutrients in the human body
  - AC1.2 Compare nutritional needs of specific groups
  - AC1.3 Explain characteristics of unsatisfactory nutritional intake
  - AC1.4 Explain how cooking methods impact on nutritional value
- **Know how food can cause ill health**
  - AC 4.1 Food related causes of ill health
  - AC 4.3 Food Safety legislation
  - AC 4.4 Common types of food poisoning
  - AC 4.5 The symptoms of food induced ill health
- **Unit 2**
  - Year 9 - 11 a range of savoury and sweet dish will be produced along side theory

YEAR 10

KS4 – Hospitality and Catering

- **Understand the importance of nutrition when planning menus**
  - AC1.1 Describe functions of nutrients in the human body
  - AC1.2 Compare nutritional needs of specific groups
  - AC1.3 Explain characteristics of unsatisfactory nutritional intake
  - AC1.4 Explain how cooking methods impact on nutritional value
- **Understand how hospitality and catering provision operates**
  - AC 2.1 The operation of the kitchen
  - AC 2.2 The operation of front of house
  - AC2.3 How hospitality and catering provision meets customer requirements
- **Understand how hospitality and catering provision meets health and safety requirements**
  - AC3.1 Personal safety control measures for hospitality and catering provision
  - AC3.2 Risks to personal safety in hospitality and catering
- **Unit 2 LO3 - Be able to cook dishes**
  - AC3.1 Use techniques in preparation of commodities
  - AC3.2 Assure quality of commodities to be used in food preparation
  - AC3.3 Use techniques in cooking of commodities
  - AC3.4 Complete dishes using presentation techniques
  - AC3.5 Use food safety practices
  - Year 9 - 11 a range of savoury and sweet dish will be produced along side theory

YEAR 11

KS4 – Hospitality and Catering

- **Understand menu planning**
  - AC2.1 Explain factors to consider when proposing dishes for menus
  - AC2.2 Explain how dishes on a menu address environmental issues
  - AC2.3 Explain how menu dishes meet customer needs
  - AC2.4 Plan production of dishes for a menu
- **Unit NEA – Non Exam Assessment**
  - Research, plan and cook a meal for a specific provision
- **Unit EXAM – Revision**
  - AC5.1 Review options for hospitality and catering provision
  - AC5.2 Recommend options for hospitality provision
  - Propose provisions to meet specific needs
  - NEA mock – June
  - REVISE

Apprenticeship / University / A Levels / Prof & C Routes

My food Journey

YEAR 7

In Year 7 learners will develop basic understanding of nutrition and culinary skills.

Food Safety

- AC 4.3 Food Safety legislation
- AC 4.1 Food related causes of ill health
- Knife skills bridge/claw
- The '4' C's Bacteria and Hygiene

Healthy Eating

- Healthy Eating – Recap eat well guide and nutrition
- Micronutrient
- Accident prevention
- Diet and lifestyle Vegetarians
- Food choice (diet analysis)

Food Preparation and Cooking methods

- Using the hob/oven/grill
- Cooking terms
- Senso Analys
- Health and Safety within the kitchen and food.
- Convection

Commodities

- Seasonal Foods
- Thickening and raising agents

Food Function

- Gluten
- Organic Farming

Food choic

- Special Diets and religion

Nutrition

- Food safety the kitchen (recap)
- Practical routine (recap)
- Macronutrients
- Food Bacteria
- Food poisoning
- Food Labelling

Food Poisoning

Food Choice

- Seasonal foods/food miles (recap)
- Fairtrade : ethics

Year 7 - 8 a range of savoury and sweet dish will be produced along side theory

YEAR 8

In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about food choice.

Know how food can cause ill health

- AC 4.4 Common types of food poisoning
- AC 4.5 The symptoms of food induced ill health

Understand how hospitality and catering provision operates

- AC 4.2 The role and responsibilities of the environmental health officer (EHO)
- AC 2.3 How hospitality and catering provisio meets customer requirements

Understand how hospitality and catering provision meets health and safety requirem

- AC3.1 Personal safety control measures for hospitality and catering provision
- AC3.2 Risks to personal safety in hospitality and catering

Understand the environment in which hospitality and catering provi perate

- AC 1.4 Factors affecting the success of hospitality and catering providers
- AC 1.3 Working conditions of different job across the hospitality and catering indust
- AC 1.1 The structure of the hospitality and catering industry
- AC 1.2 Job requirements within the hospitality and Catering industry

Unit 2 LO3 - Be able to cook dishes

Year 9 - 11 a range of savoury and sweet dish will be produced along side theory

YEAR 9

KS3 – Food and Nutrition

- Food and Temperature
- Food choice (diet analysis)
- Diet and lifestyle Vegetarians

Culinary skills

- Seasonal foods/food miles (recap)
- Fairtrade : ethics

YEAR 10

KS4 – Hospitality and Catering

Understand how hospitality and catering provision operates

- AC 2.1 The operation of the kitchen
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- AC3.1 Personal safety control measures for hospitality and catering provision
- AC3.2 Risks to personal safety in hospitality and catering

Unit NEA

- LO1 LO2 LO3
- Research, plan and cook a meal for a specific provision
- AC2.4 Plan production of dishes for a menu

YEAR 11

KS4 – Hospitality and Catering

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- AC2.3 Explain how menu dishes meet customer needs

Unit NEA

- Non Exam Assessment
- NEA mock EXAM June
- LO5 LO1 LO4 LO2
- Revision
- REVISE

Propose provisions to meet specifi needs

- AC5.1 Review options for hospitality and catering provision
- AC5.2 ecommend ptions for ospitality rovision

Unit 2 LO3 - Be able to cook dishes

- AC3.1 Use techniques in preparation of commodities
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- AC3.4 Complete dishes using presentation techniques
- AC3.5 Use food safety practices

Pathways

- Apprenticeshi
- University
- A Levels
- Profess & C Routes

My food Journey

YEAR 7

In Year 7 learners will develop basic understanding of nutrition and culinary skills.

Food Safety

- Knife Skills bridge/claw
- The '4' C's
- Bacteria and Hygiene

Healthy Eating

- Using the hob/oven/grill
- Whisking
- Rubbing in method
- Eatwell and nutrition

Food preparation and

- Seasonal Foods

Commodities

Food Functions

- Special Diets and religion
- Gluten
- Organic Farming
- Cooking terms
- Sensory Analysis
- Food safety in the kitchen (recap)
- Practical routine (recap)
- Macronutrients
- Food Bacteria
- Food poisoning
- Food Labelling
- Health and Safety within the kitchen and food.
- Convection

Year 7 - 8 a range of savoury and sweet dish will be produced along side theory

YEAR 8

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Food Choice

- Seasonal foods/food miles (recap)
- Fairtrade : ethics

Food Poisoning

- Food and Temperature
- Food choice (diet analysis)
- Accident prevention
- Micronutrient
- Healthy Eating – Recap eatwell guide and nutrition
- Diet and lifestyle Vegetarians

Nutrition

Culinary skills

- Food safety in the kitchen
- The operation of the kitchen
- The operation of front of house

Year 9 - 11 a range of savoury and sweet dish will be produced along side theory

YEAR 9

Understand the environment in which hospitality and catering provi... operate

- AC 1.1 The structure of the hospitality and catering industry
- AC 1.2 Job requirements within the hospitality and Catering industry
- AC 1.3 Working conditions of different job... across the hospitality and catering indust...
- AC 1.4 Factors affecting the success of hospitality and catering providers

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- AC 4.1 ...ood related ...auses of ill health
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Unit EXAM — NEA moc... Revision — June

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- AC3.5 Use food safety practices

LO1 LO2 LO3 LO4 LO5

Where? When? Who? What?

Unit 2 LO3 — Be able to cook dishes

Unit 2 LO3 - Be able to cook dishes

KS4 – Hospitality and Catering

KS3 – Food and Nutrition

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

YEAR 11

YEAR 10

YEAR 9

YEAR 8

YEAR 7

My food Journey

Unit 2 LO3

Be able to cook dishes

AC3.1 Use techniques in preparation of commodities

AC3.2 Assure quality of commodities to be used in food preparation

AC3.3 Use techniques in cooking of commodities

AC3.4 Complete dishes using presentation techniques

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Be able to cook dishes

Unit 2 LO3

AC2.1 Explain factors t consider when proposing dishes for menus

AC2.2 Explain how dishes on a menu address environmental issues

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LO1 LO2 LO3

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

LO2 Understand menu planning

AC2.3 Explain how menu dishes meet customer needs

Unit NEA: Non Exam Assessment

KS4 – Hospitality and Catering

LO1 Understand the importance of nutrition when planning menus

AC1.1 Describe functions of nutrients in the human body

AC1.2 Compare nutritional needs of specific groups

AC1.3 Explain characteristics of unsatisfactory nutritional intake

AC1.4 Explain how cooking methods impact on nutritional value

YEAR 11

Unit EXAM: NEA mock — Revision — June

LO5 LO1 LO4 LO2

Research, plan and cook a meal for a specific provision

Propose provisions to meet specifications

AC5.1 Review options for hospitality and catering provision

AC5.2 Recommend options for hospitality provision

KS4 – Hospitality and Catering

YEAR 10

LO2 Understand how hospitality and catering provision operates

AC 2.1 The operation of the kitchen

AC 2.2 The operation of front of house

AC 2.3 How hospitality and catering provision meets customer requirements

LO3 Understand how hospitality and catering provision meets health and safety requirements

AC3.1 Personal safety control measures for hospitality and catering provision

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AC 4.5 The symptoms of food induced ill health

AC 4.4 Common types of food poisoning

AC 4.3 Food Safety legislation

AC 4.1 Food related causes of ill health

LO4 Know how food can cause ill health

AC 4.2 The role and responsibilities of the environmental health officer (EHO)

KS4 – Hospitality and Catering

LO1 Understand the environment in which hospitality and catering provision operate

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AC 1.4 Factors affecting the success of hospitality and catering providers

YEAR 9

Unit 2 LO3 - Be able to cook dishes

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My Food Learning Journey

Level 1 / 2
Hospitality and Catering

YEAR 9

KS3 – Food and Nutrition

Culinary skills

Diet and lifestyle
Vegetarians

Food and Temperature

Food choice (diet analysis)

Seasonal foods/food miles (recap)

Fairtrade : ethics

In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about food choice.

YEAR 8

ealthy Eating – Recap eat ell guide and nutrition

Micronutrient

Accident revention

Nutrition | **Food Poisoning** | **Food Choice**

Food safety the kitche (recap)

actical outine ecap)

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Food Labelling

Special Diets and religion

Food choic

Gluten

KS3 – Food and Nutrition

Organic Farming

Cooking terms

Senso Analys

Health and Safety within the kitchen and food.

Convection

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Food Scie nce

Commoditie | **Heat transfer** | **Culinary Skills** | **Food Safety**

YEAR 7

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easonal Foods

Raising agents

Cc

Using the hob

bbing in ethod

Ea and nutrition

Enzyme Browning

The '4' C's Bacteria and Hygiene