



LEARNING JOURNEY

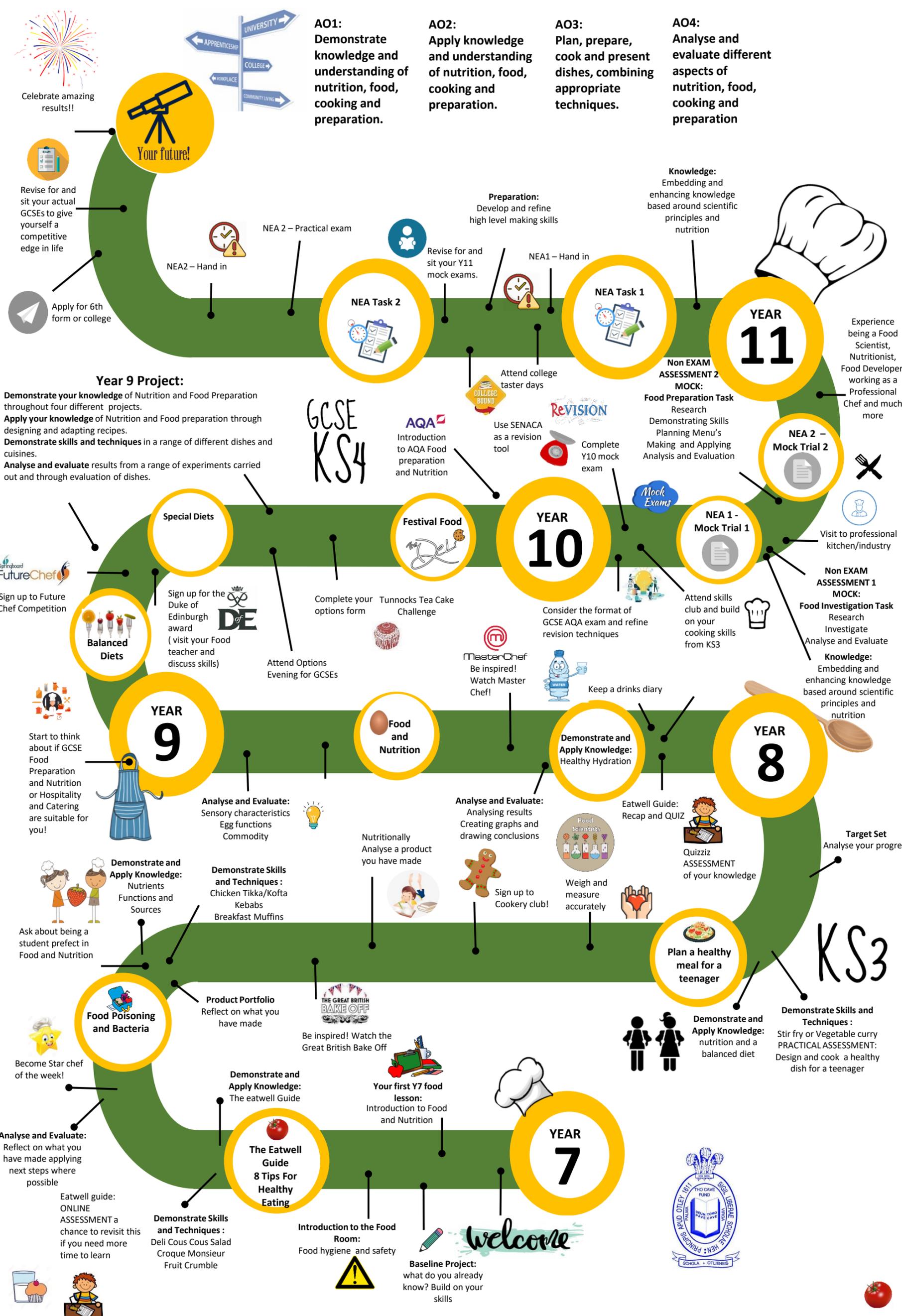
Food and Nutrition

AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.

AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.

AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.

AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation



Year 9 Project:
 Demonstrate your knowledge of Nutrition and Food Preparation throughout four different projects.
 Apply your knowledge of Nutrition and Food preparation through designing and adapting recipes.
 Demonstrate skills and techniques in a range of different dishes and cuisines.
 Analyse and evaluate results from a range of experiments carried out and through evaluation of dishes.

Sign up to Future Chef Competition

Start to think about if GCSE Food Preparation and Nutrition or Hospitality and Catering are suitable for you!

Ask about being a student prefect in Food and Nutrition

Become Star chef of the week!

Analyse and Evaluate: Reflect on what you have made applying next steps where possible

Eatwell guide: ONLINE ASSESSMENT a chance to revisit this if you need more time to learn



Sign up for the Duke of Edinburgh award (visit your Food teacher and discuss skills)

Attend Options Evening for GCSEs

Analyse and Evaluate: Sensory characteristics Egg functions Commodity

Demonstrate and Apply Knowledge: Nutrients Functions and Sources

Demonstrate Skills and Techniques: Chicken Tikka/Kofta Kebabs Breakfast Muffins

Product Portfolio Reflect on what you have made

Demonstrate and Apply Knowledge: The eatwell Guide

Demonstrate Skills and Techniques: Deli Cous Cous Salad Croque Monsieur Fruit Crumble

Introduction to the Food Room: Food hygiene and safety

Baseline Project: what do you already know? Build on your skills

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Experience being a Food Scientist, Nutritionist, Food Developer, working as a Professional Chef and much more

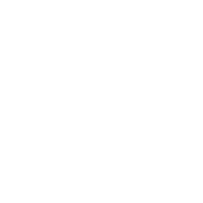
Visit to professional kitchen/industry

Non EXAM ASSESSMENT 1 MOCK: Food Investigation Task Research Investigate Analyse and Evaluate

Knowledge: Embedding and enhancing knowledge based around scientific principles and nutrition

Target Set Analyse your progress

Demonstrate Skills and Techniques: Stir fry or Vegetable curry PRACTICAL ASSESSMENT: Design and cook a healthy dish for a teenager



Food Preparation and Nutrition

