PRINCE HENRYS GRAMMAR SCHOOL

LEARNING JOURNEY
Food and Nutrition

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.

KS4

Special Diets

Festival Food

Sign up to Future Chef Competition

Balanced Diets

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

Attend Options Evening for GCSEs

Complete your options form

Tunnocks Tea Cake Challenge

MasterChef
Be inspired! Watch Master Chef!

Keep a drinks diary

YEAR 9

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

Analyse and Evaluate:
Sensory characteristics
Egg functions
Commodity

Food and Nutrition

Demonstrate and Apply Knowledge:
Healthy Hydration

Analyse and Evaluate:
Analysing results
Creating graphs and drawing conclusions

Eatwell Guide:
Recap and QUIZ

Quizziz
ASSESSMENT
of your knowledge

YEAR 8

Target Set
Analyse your progress

KS3

Demonstrate and Apply Knowledge:
Nutrients
Functions and Sources

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

Nutritionally
Analyse a product you have nade

Sign up to Cookery club!

Weigh and measure accurately

Ask about being a student prefect in Food and Nutrition

Product Portfolio
Reflect on what you have made

Be inspired! Watch the Great British Bake Off

Plan a healthy meal for a teenager

Demonstrate and Apply Knowledge:
nutrition and a balanced diet

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

Food Poisoning and Bacteria

Become Star chef of the week!

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

Demonstrate and Apply Knowledge:
The eatwell Guide

Your first Y7 food lesson:
Introduction to Food and Nutrition

YEAR 7

The Eatwell Guide 8 Tips For Healthy Eating

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

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

welcome