



Food Preparation and Nutrition

Subject
content

Year 7

Year 8

Year 9

Year 10

Year 11

Food Nutrition
and Health

Eat well guide
Nutritional Diagram
Raising Agents mind map

Fat leaflet
Macro/micro nutrient mind
map

Meal plan focussed on
nutrients needed at
different ages
Health and food leaflet

Detailed understanding of nutrition

Food Choice

Organic foods and fair
trade report

Meal plan for special diets
Religious, moral and social
mind map

Detailed understanding of food choice

Food Science

Using the hob, Functions of Ingredients, Enzymic browning
Raising agents, Heat transfer
Rubbing in & whisking methods

How yeast works –
fermentation
The formation of gluten

Detailed understanding of food science

Food
Preparation
Skills

Use of grill, knife skills,
kitchen equipment and
cooker

Knife skills, sauté
vegetables
Preparation of onion and
pepper using different
techniques

Making bread
Cake baking

Wide variety of skills, techniques and methods

Food
Provenance

Seasonality and caught
food

Food provenance mind
map

Detailed understanding of Food Provenance

Food Safety

Safe food preparation,
handling raw meat

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handling raw meat

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handling raw meat

Detailed understanding of food safety