HONITON Community College

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 — GCSE KS4

Mission – Attend the Year 11 Leavers' Prom

Your future!

Revise for and sit your actual GCSEs to give yourself a competitive edge in life

Apply for your college place

Example of Practical dishes
Leek and Potato Soup
Fresh egg pasta
Bread and yeast experiment
Chicken with olives and tomato ragu
Meat pie and Mash
Chocolate Potato cake

Year 9 Demonstrate your knowledge: Building on knowledge of the Eatwell Guide, and Macro Nutrients. Fat, Protein and complex Carbohydrates.
Apply your knowledge: of Nutrition and Food preparation through designing and adapting recipes, designing for special groups; Vegetarians and Vegans.
Demonstrate skills and techniques: Pasta, Chicken portioning, Sauce making.
Analyse and evaluate results from experiments carried out and through eva[illegible] lishing and scientific planning looking at function of ingredients

Sign up to Future Chef Competition

Attend Options Evening for GCSEs

Demonstrate and Apply Knowledge: Biological raising agents, working with yeast and how ingredients work and why?

Ask about being a student leader in Food and Nutrition

Demonstrate and Apply Knowledge: Nutrients Functions and Sources/ Food Groups

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

Become Star chef of the week!

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

Demonstrate Skills and Techniques : Fruit Salad Lamb Koftas Pizza

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

Macro Nutrient meal planning

Demonstrate Skills and Techniques : Short Crust Puff Pastry Bread

Demonstrate and Apply Knowledge: Shortening/pastry theory
Functions of ingredients in bread
Raising agents in bread

Analyse and Evaluate: Sensory characteristics
Egg functions
Commodity
Demonstrate Skills and Techniques : Omelet
Mini Quiches
Muffins

Be inspired! Enter South West Chef of the Year!

Developing Awe and wonder

Develop good independent study habits

Be inspired! Watch the Great British Bake Off!

Your first Y7 food lesson: Introduction to Food and Nutrition

Introduction to the Food Room: Health and safety

Baseline Assessment: what do you already know?

YEAR 7 — KS3

welcome

Demonstrate Skills and Techniques : Planning own meal based on Eatwell guide for ent

Future Chef Competition: Heats to be held at HCC – Ask Miss Barrett for further details

Demonstrate and Apply Knowledge: Theory of eggs- safety, nutrition, storage and functions.

Analyse and Evaluate: Analyse diets for specific groups of people and adapt recipes where possible

Experience formal assessment and learn how to revise

Become a Food Scientist!

Donate to the food bank

Be inspired! Enter South West Chef of the Year!

Sign up to Christmas baking club!

Analyse and Evaluate: Analysing results Creating graphs and drawing conclusions

Introduction to Eduquas Food preparation and Nutrition

Be inspired! Watch Master Chef!

Start your GCSE Food and Nutrition course

Demonstrate Skills and Techniques : Bread Plait
Soda Bread
Rough puff
Choux

Be inspired! Enter South West Chef of the Year!

Attend skills club and build on your cooking skills from KS3

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

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

YEAR 10

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

NEA1 – Hand in

Revise for and sit your Y11 mock exams.

NEA2 – Hand in

NEA 2 – Practical exam

Attend college taster days

Consider the format of GCSE Eduquas exam and refine revision techniques

Use SENACA as a revision tool

Complete an Exam style Evaluation

Non EXAM ASSESSMENT 2 MOCK: Food Preparation Task
Research
Demonstrating Skills
Planning Menu's
Making and Applying Evaluation

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

Visit to professional kitchen/industr[illegible]

YEAR 11

Preparation: Develop and refine high level making skills

Future's Week

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

NEA Task 1

NEA Task 2

NEA 1 - Mock Trial 1

NEA 2 – Mock Trial 2

Adapting Recipes

Developing knowledge

Nutrie

Vegetarian Diets

Healthy Meals

Knife Skills and Meat Safety

The Eatwell Guide

Pastry types and uses

Bread

Function and use of Eggs