

My Food Learning Journey



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

Fairtrade : ethics
Ethical consumerism
Food origins

Food Miles
Seasonal foods (recap)

YEAR 8

Nutrition & Dietary requirements
Healthy Eating – Recap eat well guide and nutrition
Special Diets
Gluten
Gluten Free

Adaptations
Food choice
Diet and lifestyle
Vegetarians
Food choice (diet analysis)

Food Choice/costings
Independent Culinary skills

KS3 – Food and Nutrition

Food safety in the kitchen (recap)
Practical routine (recap)
Cost/time restraints
Food Bacteria
Food poisoning
Food Labelling

MED	LOW	MED	HIGH	MED
353	0.9g	20.3g	10.8g	1.1g
18%	1%	29%	54%	18%

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

YEAR 7

Foods from around the world
Nutrition and our bodies
Culinary Skills
Food Safety

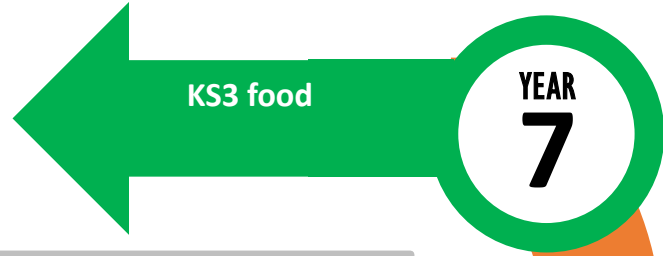
Macronutrients
Eat Well guide and nutrition
Micronutrients
Protein

Conduction
Using the hob
The '4' C's
Bacteria and Hygiene
Accident Prevention



RECOGNISE - ENCOURAGE – STRIVE – PREPARE – EMPATHISE – CHRISTIAN - TEAMWORK

My Food Learning Journey

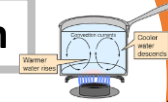


KS2 – Food and Nutrition

Food - Bacteria



Food choice



Convection

Knife skills

Culinary skills

Rubbing in method



Conduction



Using the hob



YEAR 6

Eatwell guide

Health & Safety

Food origins – Seasonality

In Year 6 learners will develop their knowledge of the Eatwell guide and the selection of ingredients. They will also consider where these ingredients come from.



Healthy Eating – Recap eat well guide and nutrition



Accident Prevention

Growing/ Gardening

Sensory Analysis



Food safety in the kitchen (recap)



Fats and Sugars



Practical routine (recap)

Food poisoning



	LOW	MED	HIGH	MED	
Calories	353	0.9g	20.3g	10.6g	1.1g
Sugar	18%	1%	29%	64%	18%

Food Labelling

Year 5 and 6 will cook a range of savoury and sweet dish along side theory lessons

KS2 – Food and Nutrition

Culinary basics

Farming



Cooking terms



Sugar swaps

Exercising regularly



Having a happy attitude



Health and Safety within the kitchen and food.



Where our food is from

Food selection

Healthy lifestyles

Food Safety

YEAR 5

In Year 5 learners will develop basic understanding of Health & safety and the Eatwell guide

Growing, rearing and catching food



Guide student practice



A sleep schedule

Using the hob



Eat Well guide and nutrition



Eating healthily



Rules of the Food room



RECOGNISE - ENCOURAGE – STRIVE – PREPARE – EMPATHISE – CHRISTIAN - TEAMWORK