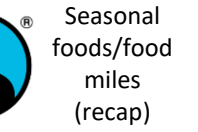
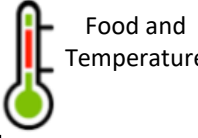


My Food Learning Journey



KS3 – Food and Nutrition

Independent Culinary skills



Nutrition & Dietary requirements

Adaptations

Food Choice/costings

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



Healthy Eating – Recap eat well guide and nutrition



Special Diets
Gluten FREE



Food choice



Diet and lifestyle Vegetarians



Food choice (diet analysis)



Fairtrade : ethics

Ethical consumerism



Food safety in the kitchen (recap)



Practical routine (recap)

Cost/time restraints



Food Bacteria



Food poisoning

	MED	LOW	MED	HIGH	MED
Calories	353	0.9g	20.3g	10.8g	1.1g
Sugar	18%	1%	29%	54%	18%
Fat					
Salt					

Food Labelling

KS3 – Food and Nutrition

Food origins



Foods from around the world

Food Miles



Seasonal foods (recap)



Nutrition and our bodies



Eat Well guide and nutrition

Macronutrients



Protein



Micronutrients

Culinary Skills

Guide student practice



Conduction



Using the hob

Food Safety

The '4' C's Bacteria and Hygiene

Accident Prevention

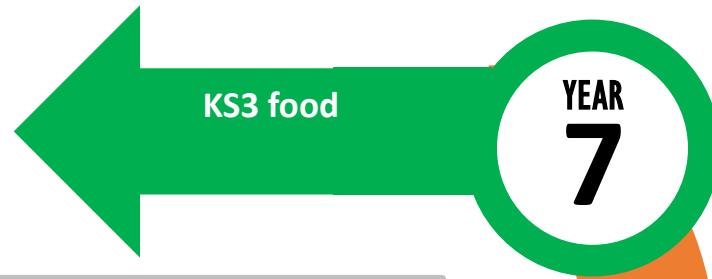


Year 7 - 8 a range of savoury and sweet dish will be produced along side theory

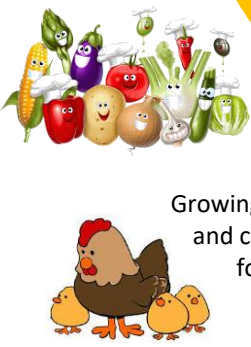
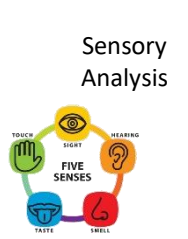


In Year 7 learners will develop basic understanding of nutrition and culinary skills.

My Food Learning Journey



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.



Growing/ Gardening
Culinary basics

YEAR 6

Eatwell guide

Health & Safety

Food origins – Seasonality

Healthy Eating – Recap eat well guide and nutrition

SAFETY FIRST
Accident Prevention

Food - Bacteria

Food choice

Convection
Knife skills

Culinary skills

Rubbing in method

Conduction
Using the hob



KS2 – Food and Nutrition

Food safety in the kitchen (recap)

Fats and Sugars

Practical routine (recap)

Food poisoning

Food Labelling

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

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

Where our food is from

Food selection

Healthy lifestyles

Food Safety



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

Agriculture

Guide student practice

A sleep schedule
Using the hob

Eat Well guide and nutrition

Eating healthily

Rules of the Food room

Growing, rearing and catching food