My Food Learning Journey



My Food Learning Journey





9 **Hospitality and Catering** Protein **KS3** – Food and Nutrition Culinary **Healthy Eating** Diet and In Year 8 learners Food and – Recap eat lifestyle skills Accident will develop Temperature well guide and Vegetarians Prevention confidence of nutrition Micronutrients foods/food Food choice (diet analysis) cooking a range miles YEAR of dishes and ∢recap) make informed **Food Poisoning Nutrition Food Choice** decisions about food choice. Fairtrade: ethics Macronutrients Food poisoning Practical Food Food safety in Catories Sugar Fat Sat Fat Salt 353 0.9g 20.3g 10.8g 1.1g routine Bacteria Fats and Special the kitchen Food (recap) Food Diets and Sugars (recap) Year 7 - 8 a range of religion choice Labelling savoury and sweet **KS3** – Food and Nutrition dish will be produced along side theory Gluten Health and Safety Organic Food within the Farming kitchen and food. Science Convection I'm swelling up In Year 7 YEAR learners will **Culinary Skills** Gelatinise **Food Safety** develop basic **Commodities** Heat transfer sauces understanding Seasonal of nutrition Enzyme The '4' C's Conduction and culinary Raising Rubbing in Food Browning Foods Bacteria and Hygiene skills. agents Miles method Using the Eat Well guide 🕒 hob and nutrition

YEAR

Level 1 / 2