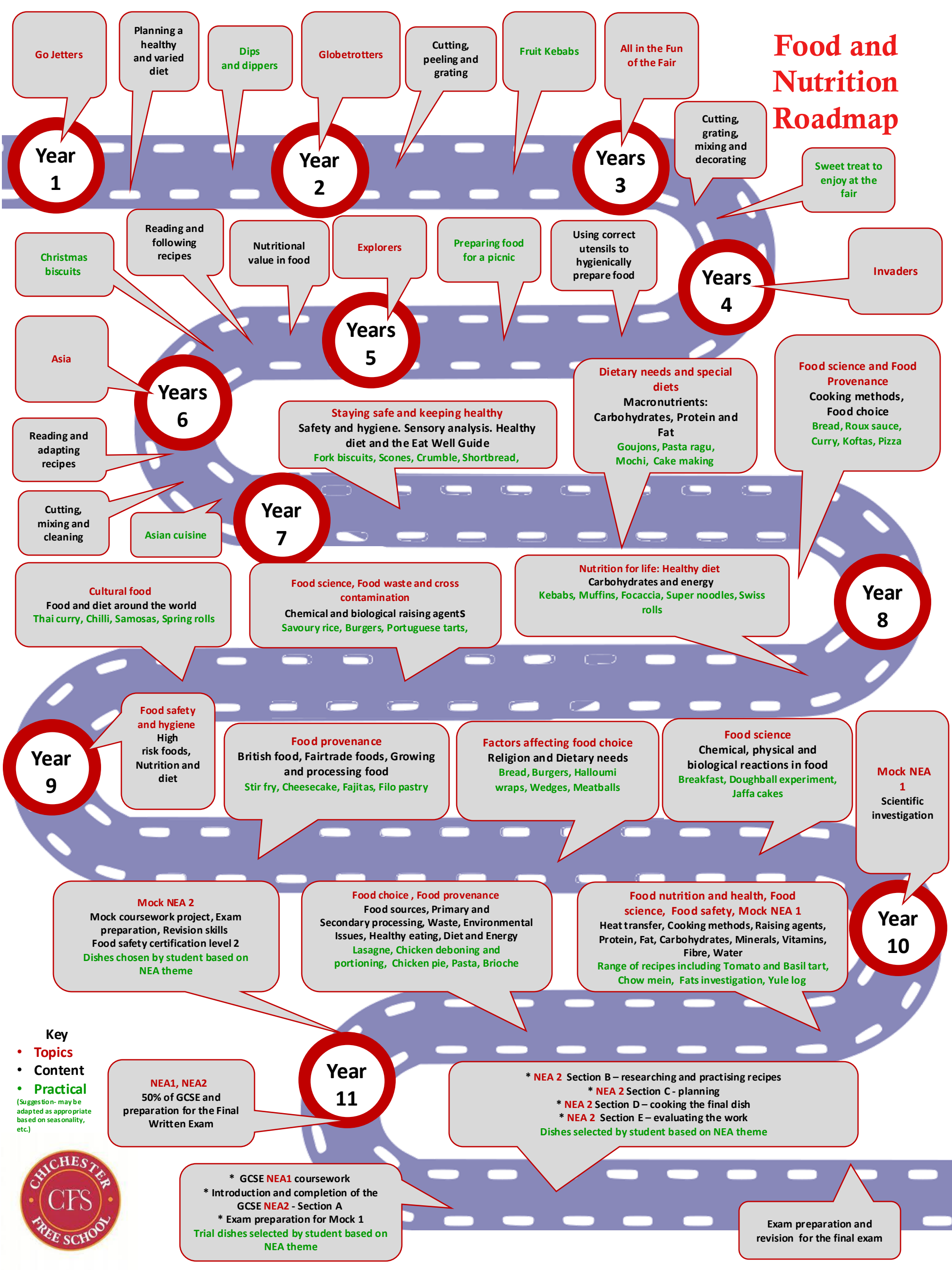


Food and Nutrition Roadmap



Year 1

Go Jettters

Planning a healthy and varied diet

Dips and dippers

Globetrotters

Cutting, peeling and grating

Fruit Kebabs

All in the Fun of the Fair

Cutting, grating, mixing and decorating

Sweet treat to enjoy at the fair

Year 2

Christmas biscuits

Reading and following recipes

Nutritional value in food

Explorers

Preparing food for a picnic

Using correct utensils to hygienically prepare food

Years 3

Invaders

Years 4

Years 5

Staying safe and keeping healthy
Safety and hygiene. Sensory analysis. Healthy diet and the Eat Well Guide
Fork biscuits, Scones, Crumble, Shortbread,

Dietary needs and special diets
Macronutrients: Carbohydrates, Protein and Fat
Goujons, Pasta ragu, Mochi, Cake making

Food science and Food Provenance
Cooking methods, Food choice
Bread, Roux sauce, Curry, Koftas, Pizza

Year 6

Reading and adapting recipes

Cutting, mixing and cleaning

Asian cuisine

Cultural food
Food and diet around the world
Thai curry, Chilli, Samosas, Spring rolls

Food science, Food waste and cross contamination
Chemical and biological raising agents
Savoury rice, Burgers, Portuguese tarts,

Nutrition for life: Healthy diet
Carbohydrates and energy
Kebabs, Muffins, Focaccia, Super noodles, Swiss rolls

Year 7

Year 8

Food safety and hygiene
High risk foods, Nutrition and diet

Food provenance
British food, Fairtrade foods, Growing and processing food
Stir fry, Cheesecake, Fajitas, Filo pastry

Factors affecting food choice
Religion and Dietary needs
Bread, Burgers, Halloumi wraps, Wedges, Meatballs

Food science
Chemical, physical and biological reactions in food
Breakfast, Doughball experiment, Jaffa cakes

Mock NEA 1
Scientific investigation

Year 9

Mock NEA 2
Mock coursework project, Exam preparation, Revision skills
Food safety certification level 2
Dishes chosen by student based on NEA theme

Food choice , Food provenance
Food sources, Primary and Secondary processing, Waste, Environmental Issues, Healthy eating, Diet and Energy
Lasagne, Chicken deboning and portioning, Chicken pie, Pasta, Brioche

Food nutrition and health, Food science, Food safety, Mock NEA 1
Heat transfer, Cooking methods, Raising agents, Protein, Fat, Carbohydrates, Minerals, Vitamins, Fibre, Water
Range of recipes including Tomato and Basil tart, Chow mein, Fats investigation, Yule log

Year 10

NEA1, NEA2
50% of GCSE and preparation for the Final Written Exam

Year 11

* **NEA 2** Section B – researching and practising recipes
* **NEA 2** Section C - planning
* **NEA 2** Section D – cooking the final dish
* **NEA 2** Section E – evaluating the work
Dishes selected by student based on NEA theme

* GCSE **NEA1** coursework
* Introduction and completion of the GCSE **NEA2** - Section A
* Exam preparation for Mock 1
Trial dishes selected by student based on NEA theme

Exam preparation and revision for the final exam

Key

- **Topics**
- **Content**
- **Practical**

(Suggestion - may be adapted as appropriate based on seasonality, etc.)

