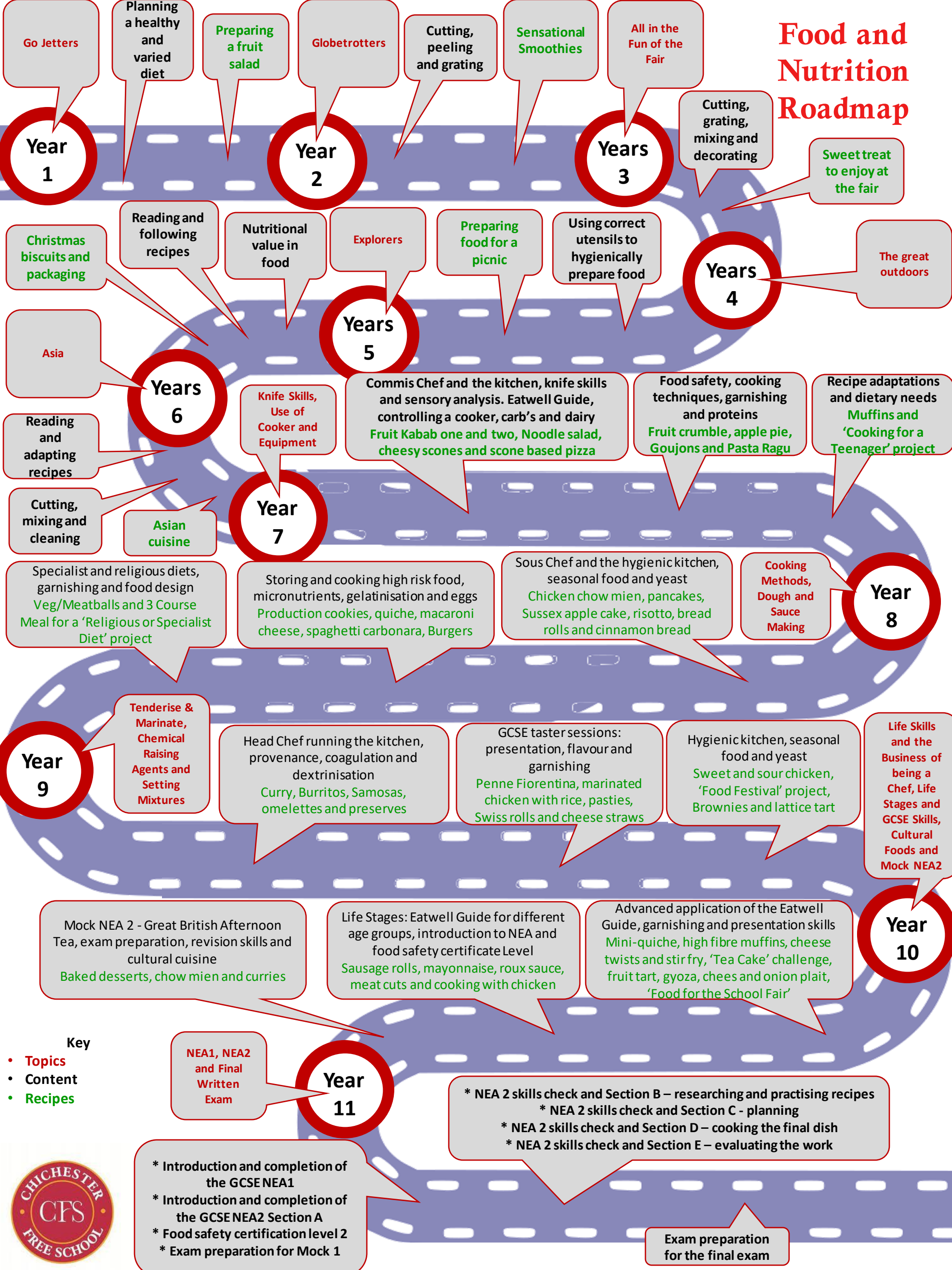


# Food and Nutrition Roadmap



**Year 1**

- Go Jettors
- Planning a healthy and varied diet

**Year 2**

- Globetrotters
- Cutting, peeling and grating
- Sensational Smoothies
- All in the Fun of the Fair

**Year 3**

- Preparing a fruit salad
- Cutting, grating, mixing and decorating
- Sweet treat to enjoy at the fair

**Year 4**

- Explorers
- Using correct utensils to hygienically prepare food
- The great outdoors

**Year 5**

- Preparing food for a picnic
- Commis Chef and the kitchen, knife skills and sensory analysis. Eatwell Guide, controlling a cooker, carb's and dairy
- Fruit Kabab one and two, Noodle salad, cheesy scones and scone based pizza

**Year 6**

- Asia
- Commis Chef and the kitchen, knife skills and sensory analysis. Eatwell Guide, controlling a cooker, carb's and dairy
- Fruit Kabab one and two, Noodle salad, cheesy scones and scone based pizza

**Year 7**

- Knife Skills, Use of Cooker and Equipment
- Sous Chef and the hygienic kitchen, seasonal food and yeast
- Chicken chow mien, pancakes, Sussex apple cake, risotto, bread rolls and cinnamon bread

**Year 8**

- Recipe adaptations and dietary needs
- Muffins and 'Cooking for a Teenager' project
- Cooking Methods, Dough and Sauce Making

**Year 9**

- Tenderise & Marinate, Chemical Raising Agents and Setting Mixtures
- Head Chef running the kitchen, provenance, coagulation and dextrinisation
- Curry, Burritos, Samosas, omelettes and preserves

**Year 10**

- Life Skills and the Business of being a Chef, Life Stages and GCSE Skills, Cultural Foods and Mock NEA2
- Advanced application of the Eatwell Guide, garnishing and presentation skills
- Mini-quiche, high fibre muffins, cheese twists and stir fry, 'Tea Cake' challenge, fruit tart, gyoza, chees and onion plait, 'Food for the School Fair'

**Year 11**

- NEA1, NEA2 and Final Written Exam
- \* Introduction and completion of the GCSE NEA1
- \* Introduction and completion of the GCSE NEA2 Section A
- \* Food safety certification level 2
- \* Exam preparation for Mock 1

**Year 12**

- \* NEA 2 skills check and Section B – researching and practising recipes
- \* NEA 2 skills check and Section C - planning
- \* NEA 2 skills check and Section D – cooking the final dish
- \* NEA 2 skills check and Section E – evaluating the work

**Year 13**

- Exam preparation for the final exam

**Key**

- Topics
- Content
- Recipes

