Sir John Leman High School
& Sixth Form

Our Food Learning Journey…

YEAR 11

Food Investigation
- A – Research
- B - Investigation
- C – Analysis and evaluate
- D – Making the final dish
- E – Analysis and evaluation

NEA I

Recap
- Food choice
- Cuisines

NEA II

Food Preparation Assessment
- Researching and evaluatiing
- Demonstrate technical skills
- C – Planning for the exam

Revision
- REVISE
- ReviseNOW!

EXAM

Post 16 Destinations
- Apprenticeship
- SJLHS Sixth Form
- Level 3 Food Science & Nutrition
- Professional H & C Routes

KS4 – Food Preparation and Nutrition - OCR

Recap
- Sensory analysis
- Food production
- Food and the environment
- Food sources
- Sensory Testing
- Taste receptors
- Olfactory systems

Food Science
- Food Provenance: Food Commodities
- Food Provenance: Preparation and cooking techniques
- Food Choice: Sensory Evaluation
- Food Science: Technological developments
- Sustainability
- British
- International
- Food labelling

Culinary Traditions (Food Choice)

YEAR 10

Food Science
- Food safety, processing and preservation
- Technological developments
- Nutrition
- Food Choice
- Security Provenance
- Diet & Health

Food Safety
- Preparing, cooking and serving food
- Buying and storing food
- Microorganisms in food production
- Bacterial contamination
- The signs of food poisoning
- Food spoilage and contamination
- Nutritional needs and health
- Food Science
- Nutrition and meal planning

KS4 – Food Preparation and Nutrition - OCR

World Cuisine
- Selecting appropriate cooking methods
- Coagulation
- Denaturation
- Gelatinisation
- Caramelisation
- Plasticity
- Emulsification
- Enzymic browning
- Chemical
- Biological
- Why food is cooked and how heat is transferred
- Gluten Formation
- Foam Formation
- Dextrinization
- Shortening
- Aeration
- Oxidation
- Mechanical
- Moral
- Steam
- Microorganisms and enzymes
- Energy needs
- Balance diet
- Minerals
- Vitamins
- Carbohydrates

Year 10 - 11 a range of savoury and sweet dish will be produced along side theory

YEAR 9

Food Science
- Nutritional analysis
- Diet nutrition and health
- Water
- Fats
- Proteins
- Food and Temperature
- Food choice (diet analysis)
- Diet and lifestyle

Culinary skills

In year 9. learners will continue to develop their food handling skills and extend their food science knowledge

KS3 – Food and Nutrition

YEAR 8

Healthy Eating
- Healthy Eating – Recap eat well guide and nutrition
- Micronutrients
- Accident Prevention
- Special Diets and religion
- Food safety in the kitchen (recap)
- Practical routine (recap)
- Macronutrients
- Fats and Sugars
- Food Bacteria
- Food poisoning
- Protein

Food Science
- Nutrition and recipe adaption
- Food Poisoning
- Diet related diseases
- Gluten
- Organic Farming
- Cooking terms
- Sensory Analysis
- Convection
- Health and Safety within the kitchen and food.
- Gelatinise – sauces

Year 7 - 9 a range of savoury and sweet dish will be produced along side theory

Ingredients
- Seasonal Foods
- Food Miles

Heat transfer
- Raising agents
- Conduction
- Using the hob
- Rubbing in method

Culinary Skills
- Eat Well guide and nutrition

Food Safety
- Enzyme Browning
- The '4' C's Bacteria and Hygiene

YEAR 7

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

In Year 8, learners will develop confidence in cooking a range of snack foods.

"Achievement for all and aspiring for excellence"