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| Topic Name | Term | Skills Developed | Link to NC subject content | Next link in curriculum  | Prior learning | Other notes |
| Healthy eating guidelinesEnergy balanceFood groups and nutrients (revisited) | Autumn | * Understand government guidelines for healthy eating
* Knowledge of nutrients
 | * Understand and apply the principles of nutrition and health
 | * Practical sessions to reinforce correct procedures.
* Food choice, labels
 | Yr 7 and 8 healthy eating and nutrition |  |
| Sensory analysisNutritional analysis | Autumn | * Understanding the process of sensory evaluating food products.
* Looking at how to create star profiles as a method of recording analysis.
* Understanding nutritional analysis.
 | * Combining ingredients
* Awareness of taste, texture and smell
 | * Function and characteristics of nutrients
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| Function and characteristics of macro nutrients – proteinCoagulation (revisit) and denaturation | Autumn | * Knowledge of nutrients – their form, function and use in food preparation.
 | * Understand and use the properties of materials to achieve functioning solutions
 | * Practical skills to reinforce theory
 | Yr 7 healthy eating/nutrition |  |
| Skills practical - Coagulation | Winter/spring | Practical skills making a product that shows coagulation and denaturation in food products | Combining ingredientsAwareness of taste, texture and smell | Function and characteristics of fats | Pastry makingHygiene and safe practiceEggs |  |
| Function and characteristics of macro nutrients – fatsPlasticity and shortening | Winter/spring | Knowledge of nutrients – their form, function and use in food preparation. | Understand and use the properties of materials to achieve functioning solutions | Practical skills to reinforce theory | Yr7 Nutrition |  |
| Skills practical – Shortening | Winter/spring | Practical skills making a product that shows shortening in food products | Combining ingredientsAwareness of taste, texture and smell | Practical task to show plasticity of fats and practical investigation | Rubbing in methodRatio of ingredients |  |
| Skills practical – plasticityProduct investigation (NEA type activity) | Spring | Practical skills making product to show plasticity of fatsInvestigation into different fats. | Combining ingredientsAwareness of taste, texture and smell | Function and characteristics of carbohydrates | Creaming methodCross curricular – how to carry out experiment accurately. |  |
| Function and characteristics of macro nutrients – carbohydratesCaramelisation and gelatinisation (revisit) | Spring | Knowledge of nutrients – their form, function and use in food preparation. | Understand and use the properties of materials to achieve functioning solutions | Practical task to show gelatinisation of starchy foodsRoux sauce making | MeatAll in one method of sauce makingLayering |  |
| Skills practical - gelatinisation | Spring | Practical skills making a product that uses meat, references multicultural product and the principles of gelatinisation when making a roux sauce. | Combining ingredientsAwareness of taste, texture and smell | Practical task to show caramelisation  | MeatYr8 gelatinisation – veg layer |  |
| Skills practical - caramelisation | Summer | * Practical skills making a product that shows shortening in food products
 | * Combining ingredients
* Awareness of taste, texture and smell
 | * Research task – food choice.
 | Shortening/rubbing in method |  |
| Supermarket survey and research task – working together, linking information and wider thinking. | Summer | * Looking at foods available in the supermarkets and discussing cost, provenance, sustainability of production etc.
* Evaluation of results and conclusions drawn from evidence.
 | * use research and exploration, such as the study of different cultures, to identify and understand user needs
* analyse the work of past and present professionals and others to develop and broaden their understanding
 | * Practical tasks to clarify understanding of theoretical concepts learned and reinforcing practical skills
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