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| Topic Name | Term | Skills Developed | Link to NC subject content | Next link in curriculum | Prior learning | Other notes |
| Healthy eating guidelines  Energy balance  Food 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 analysis  Nutritional 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 |  |  |
| Function and characteristics of macro nutrients – protein  Coagulation (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 ingredients  Awareness of taste, texture and smell | Function and characteristics of fats | Pastry making  Hygiene and safe practice  Eggs |  |
| Function and characteristics of macro nutrients – fats  Plasticity 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 ingredients  Awareness of taste, texture and smell | Practical task to show plasticity of fats and practical investigation | Rubbing in method  Ratio of ingredients |  |
| Skills practical – plasticity  Product investigation (NEA type activity) | Spring | Practical skills making product to show plasticity of fats  Investigation into different fats. | Combining ingredients  Awareness of taste, texture and smell | Function and characteristics of carbohydrates | Creaming method  Cross curricular – how to carry out experiment accurately. |  |
| Function and characteristics of macro nutrients – carbohydrates  Caramelisation 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 foods  Roux sauce making | Meat  All in one method of sauce making  Layering |  |
| 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 ingredients  Awareness of taste, texture and smell | Practical task to show caramelisation | Meat  Yr8 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 |  |  |