

# YEAR 7 FOOD LEARNING JOURNEY



In **unit 7.5 5 a day**, you will learn:

- How 5 a day can help with your diet
- understand the source, seasonality, and characteristics of a broad range of ingredients.



**7.5**  
5 a day  
understand and apply the principles of  
nutrition and health

**7.4**  
Eat Well Guide  
understand and apply the principles of  
nutrition and health

**7.3**  
methods of cooking  
understanding different cooking methods and  
which is best to use.

**7.2**  
Bacteria  
Temperature control  
Become competent in a range of cooking techniques

**7.1**  
Health and safety  
Preparing for practical work.  
Personal safety

In **unit 7.4 Eat well guide**, you will learn:

- Eat Well Guide – looking at the importance of following a balanced diet and using this knowledge to design
- understand the source, seasonality, and characteristics of a broad range of ingredients.

In **unit 7.2 Bacteria**, you will learn:

- Understand the growth pattern of bacteria
- Analyse bad practise in a kitchen
- Understand how to organise a fridge
- Understand how temperatures can help prevent bacteria



As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. These are the practical dishes they will produce

- Fruit salad
- Pasta salad
- Bread rolls
- Scones
- Leek and potato soup
- Mini quiche
- Fairy cakes
- Veggie savoury rice
- Cheese straws
- Sausage rolls

In **unit 7.3 Methods of cooking**, you will learn:

- Understand parts of the cooker
- Analyse different cooking methods



In **unit 7.1 Health and safety** you will learn:

- Hygiene and safety in the kitchen, how to prepare for a practical.
- What is safe and hygienic preparation of food?
- Understanding where equipment is in the room
- Applying equipment knowledge to complete table

# YEAR 8 FOOD LEARNING JOURNEY

CARED FOR



In **unit 8.5 Seasonal foods**, you will learn:

- Understanding different seasonal foods



In **unit 8.4 Knife skills**, you will learn:

- Understanding different knife skills
- Applying knowledge to understand where different knife skills would be used



In **unit 8.2 diet through life**, you will learn:

- Understanding how different age groups have different diets
- Applying knowledge because different age groups require different diets



8.5

seasonal foods

Understand the source, seasonality, and characteristics of broad range of ingredients.

8.4

Knife skills

Learning how to hold and safely use a knife and how to dice, slice and julienne.

8.3

5 a day

Understand the source, seasonality, and characteristics of broad range of ingredients.

8.2

Diet through life

Understand how nutritional needs vary with age and health conditions

8.1

Budgeting

Understanding budgeting for healthy meals

As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. These are the practical dishes they will produce

- Bolognaise
- Marconi cheese
- Chicken Tikka Masala
- Pizza
- Risotto
- Banana- oat cookies
- Garlic and rosemary focaccia
- Spicy chickpea sliders
- Breakfast muffins
- Jam Tart

In **unit 8.3 5 a day**, you will learn:

- Understanding how 5 a day is used in your diet
- Analysing how to remember a correct portion of fruit and vegetables



In **unit 8.1 Budgeting**, you will learn:

- Understanding how to budget your money
- Applying knowledge to complete budgeting food for three days



# YEAR 9 FOOD LEARNING JOURNEY

As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. These are the practical dishes they will produce

- Chicken chow mein
- Paella
- Lasagne
- Quiche
- Swiss roll
- Raspberry and White Biscuits
- Fruit turnover
- Flap jack
- Gingerbread cake

**9.4**  
**Digestive System**  
Understand how nutritional needs vary with age and health conditions

**9.3**  
**Eat Well Guide part 2**  
Understand how nutritional needs vary with age and health conditions

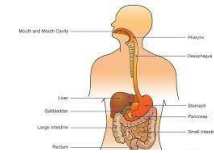
**9.2**  
**Calories**  
How they impact your life

**9.1**  
**Main Nutrients**  
understand and apply the principles of nutrition and health



In **unit 9.4 Digestive system** you will learn:

- Understand the digestive system
- Understand how hydration is an important function in the body
- Analyse sugars in drinks



In **unit 9.2 Calories** you will learn:

- Implement your understanding of calories in different foods.
- Analyse your diet with an exercise to think about calories input and output.
- Be able to explain and report to others on how to eat responsibly.



In **unit 9.3 Eat well guide part 2** you will learn:

- Understanding what a balanced diet is.
- Identifying the seven key nutrients.
- Understanding what health conditions, a poor diet can cause.

In **unit 9.1 Main Nutrients** you will learn:

Understanding the 5 nutrients  
Analysis each nutrient  
Recognise and recall the nutrients