Subject Learning Journey - Food and Nutrition





Vitamins A,D,E & K

Calcium, Iron, Salt and Fluoride

Raising Agents

Why Food is Cooked?

Functional and Chemical Properties of Food (Coagulation, Denaturation and Foam Formation)

Food Spoilage

Provenance

Primary and Secondary Processing of Food

Scientific
Principles of
Fat
(Shortening,
Aeration,
Plasticity and
Emulsification)

Carbohydrates

Proteins

Energy

Special Diets

Dietary Needs Life Stages

Eatwell Plate

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Making for Others

Aeration

Food and Other Cultures

Provenance

Nutritional Analysis

Raising Agents

Designing for Others (Pizza)

Factors Affecting Food Choice

Bake, Combine and use of the Oven - Banana Muffins

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Dietary Needs

Food Safety

Macronutrients

Knife Skills and Cross
Contamination

Skill Coagulation (Cheesy Gratin)

Functional Properties of Food

Taste Trails

Food Labels

Sensory Evaluation Skill Favour: Vegetable Curry

Special Diets

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Farming Methods

Food Costing

Making Dough, Fruit Scones

Food Spoilage



Health and Safety in the Kitchen

Knife Skills: Fruit Salad Sensory Analysis and Evaluation

Healthy Eating, Nutrition and the Eatwell Plate

Provenance

How to Safely Use a Grill and Hob, Frittata

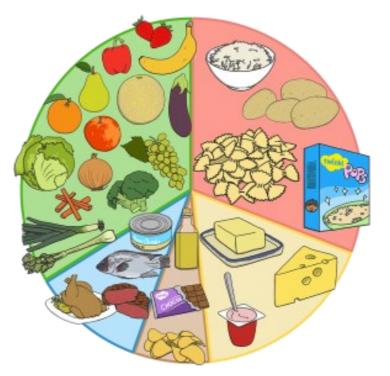
Food Security

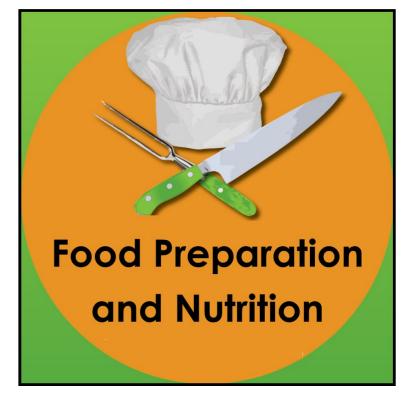
Stir Fry and Combine Ingredients

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NEA 2

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Revision Exam Analysis and Preparation **Evaluation**

Producing and Presenting Complex Dishes

Detailed **Dove Tail** and Time **Planning**

Sensory Analysis and Modifications

Costing

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Research and **Hypothesis**

Practical Experimentation

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Analysis of Investigative Work Research for a **Given Brief**

Demonstrating Technical Skills