The Orme Academy
EMPOWERING LEARNERS FOR LIFE

Shaw Education Trust

Food and Nutrition

LEARNING JOURNEY

KS3

YEAR 7

Welcome

Introduction to the Food Room: Health and safety

Your first Y7 food lesson: Introduction to Food and Nutrition

Pasta Salad: your first practical

Food Choice: Food miles where your food comes from

Complete your knife Assessment

Introduction to AQA Food preparation and Nutrition

Rubbing in Method

Demonstrate Skills and Techniques: Fruit Crumble

Assessment point 1: Analyse and Evaluate: Written evaluation on your fruit crumble

Practical: scones

Wheat Flour and grains: The function of ingredients

Assessment point 2: Demonstrate and Apply Knowledge: The Eatwell Guide pizza design

Practical: Scone based pizza

Demonstrate and Apply Knowledge: Nutrients Functions and Sources

YEAR 8

The 4C's

Food Safety

Demonstrate and Apply Knowledge: How to prevent the spread of food poisoning

Chicken Goujons Practical

Develop good independent study habits – complete all homework tasks set

Assessment point 3: Making Feedback Safe handling of meat using the 4C's

Food Choice: Fairtrade What's this got to do with Food Technology

Independent working: Rocky Road

Independent working: Ham and Onion Rosti's

Where to store your food: Ambient and Chilled

Practical: Dutch Apple cake

Great Nutrition: Vegetarian and Vegan food

You've complete 'License to cook' Year 7 is over! See you next year!

The function of vitamins and minerals

Assessment point 1: Demonstrate and Apply Knowledge: Fruity muffins design

Fats and carbs – the energy balance

YEAR 9

Going Global

Demonstrate and Apply Knowledge: Biological raising agents, working with yeast and how ingredients work and why?

Nutrition: Sugar and the effects

Practical: Brownies or golden syrup cake

All about eggs

Assessment point 1: Demonstrate and Apply Knowledge: Pizza Italiano design

Assessment point 2: Making Feedback: Practical: Meatballs or Scotch eggs

Assessment point 3: Analyse and Evaluate: Written evaluation

You've complete 'Eatwell' Year 8 is over! See you next year!

Practical: Chicken burritos

Cake Making methods

Demonstrate Skills and Techniques: Pastry pizza wheels

Why is breakfast so important Make it and EAT IT!

Analyse and Evaluate: Sensory testing on Dairy and alternatives

Dairy and Alt.

Demonstrate and Apply Knowledge on Protein: Lazy Lasagne practical

Proteins

Assessment point 2: Making Feedback: Mac n Cheese

Become a Food Scientist! Gelatinisation

Practical: Oaty Biscuits

YEAR 10

Street Food!

International Cuisine

Practical: SS Chicken

Practical

Multicultural influences

You've complete Going Global See some of you next year!

Demonstrate Skills and Techniques: Samosas/spring rolls

Food Assurance schemes

Complete your options form

Demonstrate and Apply Knowledge: Cooking methods and heat transfer

Practical: Shepherds/fish pie

Attend Options Evening for GCSEs

Health and Nutrition

Food Safety

Food Provenance

Food Choice

Non EXAM ASSESSMENT 1 MOCK: Food Investigation Task Research Investigate Analyse and Evaluate

YEAR 11

NEA Task 2

NEA 2 - ALL COMPLETE IN LESSONS

Preparation: Develop and refine high level making skills

It's the most wonderful time of the year!

NEA 2 – Practical exam

Revision

Use SENECA as a revision tool and attend revision sessions

Revise for and sit your actual GCSEs to give yourself a competitive edge in life

Mission – Attend the Year 11 Leavers' Prom

Your future!

NEA2 – Hand in

Apply for your college place

Revise for and sit your Y11 mock exams.

NEA1 – Hand in

Attend college taster days

NEA Task 1

Knowledge: Embedding and enhancing knowledge based around scientific principles and nutrition

Complete Y10 mock exam

NEA 1 - Mock Trial 1