My Food Learning Journey at Haygrove School

2026-7

KS4 – Food Preparation and Nutrition

A - Researching

B – Demonstrate technical skills

C – Planning for the final menu

D – Making the final dish

E – Analysis and evaluation

Food Preparation Assessment

NEA 2

Revision

REVISE

ReviseNOW!

EXAM

Apprenticeship

University

A Levels

Professional H & C Routes

KS4 – Food Preparation and Nutrition

NEA1 – scientific Investigation

A – Research

Recap

Food Investigation

NEA 1

Sensory analysis

Recap

YEAR 11

Cuisines

Food choice

B - Investigation

C – Analysis and evaluate

Food Science

Technological developments

Food production

Food and the environment

Food sources

Food Provenance

Food processing and production

Environmental and sustainability

Food Provenance

Food Choice

Sensory Evaluation

Sensory Testing

Sustainability

Influences of Food choice

Cultural

British

Food Choice

Food Science

Food labelling

KS4 – Food Preparation and Nutrition

Preparing, cooking and serving food

Selecting appropriate cooking methods

Buying and storing food

Enzymic browning

Special diets

Gluten Formation

Gelatinisation

Caramelisation

Plasticity

Emulsification

Coagulation

Raising Agents

Steam

Chemical

Biological

Practicals include; Chocolate beetroot muffins, crudites, winter soup, Upside down pudding, stir fry, quiche, pannacotta, crème brulee, roux sauce, cheesecake, yeast dough, Cornish pasties, fresh pasta, chocolate eclairs, fruit tartlets, jointing and chicken, chicken chasseur, stuffed chicken thigh, salmon en croute, brandy snaps, Eccles cakes, meringues, French apple flan, cheesy bean burgers

YEAR 10

Food Science

Fruits and Vegetables — End of Module Written and practical Assessments

Dairy Foods — End of Module Written and practical Assessments

Cereal Foods — End of Module Written and practical Assessments

Sugars, Fats and oils — End of Module Written and practical Assessments

Meat, Fish, Poultry and Eggs — End of Module Written and practical Assessments

Non meat proteins — End of Module Written and practical Assessments

Why food is cooked and how heat is transferred

Denaturation

Dextrinization

Shortening

Aeration

Foam Formation

Mechanical

Seasonal Foods

End of Module Written and practical Assessments

Year 10 - 11 a range of high skilled savoury and sweet dish will be produced along side theory

KS4 – Food Preparation and Nutrition

In Year 9 learners will focus upon building pre-GCSE skills and knowledge as a taster experience for the Food Preparation and Nutrition GCSE.

Fermentation and bread making

Practical – Jam Tarts *(accurate weighing and measuring, shortcrust pastry, rolling, shaping, filling)*

Tests for readiness

Practical – Swiss Roll *(accurate weighing and measuring, whisking, using the oven)*

YEAR 9

Food Science

Practical – Cheese and herb rolls *(accurate weighing and measuring, yeast based dough, shaping and flavouring, using the oven)*

Function of fat

Culinary Skills

Practical – Bread Rolls *(accurate weighing and measuring, yeast based dough, shaping, using the oven)*

Different making methods

Function of ingredients

Practical – Victoria Sandwich *(accurate weighing and measuring, creaming, using the oven)*

End of Module Written and practical Assessments

KS3 – Food and Nutrition

In Year 8 learners will develop confidence of cooking a range of dishes and make informed decisions about food choice. 7

Recap Healthy Eating, food safety, Eat well guide and nutrition

Practical – Bolognese *(knife skills and using the hob)*

Micronutrients focusing on Vitamin D and calcium

Practical – Cheesy Pasta *(knife skills and using the hob)*

The importance of fluid in the diet

YEAR 8

Nutrition

Practical - Fruit Crumble *(knife skills, rubbing in, using the oven)*

Diet related diseases

Culinary Skills

Practical – Fajitas *(knife skills, avoiding cross contamination, handling raw meat, frying and using the hob)*

The importance avoiding cross contamination

Factors affecting Food Safety

Practical – Fish and Wedges *(knife skills, preparing fish. coating and using the oven)*

End of Module Written and practical Assessments

KS3 – Food and Nutrition

Year 7 - 8 a range of basic skilled savoury and sweet dish will be produced along side theory

Eat Well guide and nutrition

Practical – Carrot Cakes *(accurate weighing and measuring, combining, using the microwave and oven)*

Macro-nutrients

Practical - Scotch Eggs *(coating, food safety and baking)*

Sensory Analysis

Practical - Oat Biscuits *(accurate weighing and measuring, melting and using the hob)*

Accurate Weighing and measuring

Health and Safety within the kitchen and food.

YEAR 7

In Year 7 learners will develop basic understanding of nutrition, culinary skills and how to use the cooker safely

Healthy Eating

Cooker Safety

Cooker safety

Practical - Pasta and Bean Salad *(knife skills and using the hob)*

Culinary Skills

Practical - Pizza Toast *(knife skills and using the grill)*

Food Safety

Practical - Fruit Salad *(knife skills)*

An introduction to the routines used in the food room