

The school taught students to act with integrity and kindness so they went on to demonstrate excellence in their chosen field.  
It was a place where everyone belonged.

## Food and Nutrition Curriculum Overview 2022-2023

Year Group	HT1	HT2	HT3	HT4	HT5	HT6
7	<b>Safety in the Kitchen</b> Safety and Hygiene Bacteria Growth The 4Cs <i>Food Preparation Skills</i>		<b>Healthy Eating</b> Nutrition Hydration The Eatwell Guide <i>Food Preparation Skills</i>		<b>Making the Right Choices</b> Rules for Healthy Living Sensory Analysis Packaging and Labelling <i>Food Preparation Skills</i>	
8	<b>Cereal Grains</b> Safety and Hygiene Cereal Grains Sensory Analysis - bread <i>Food Preparation Skills</i>		<b>Food Commodities</b> Fruit and Vegetables Milk and Dairy Products Meat and Fish <i>Food Preparation Skills</i>		<b>Where Food Comes From</b> Food Miles British Cuisine International cuisine <i>Food Preparation Skills</i>	
9	<b>Nutrition 1</b> Safety and Hygiene Nutrition Carbohydrates <i>Food Preparation Skills</i>		<b>Nutrition 2</b> Protein Fats Vitamins and Minerals <i>Food Preparation Skills</i>		<b>Fake Away</b> Linked project with DT Design Brief and Ideas Time Planning <i>Food Preparation Skills</i>	
10	<b>Food Nutrition and Health</b> Protein Carbohydrates <i>Food Preparation Skills</i>	<b>Food Nutrition and Health</b> Fats Vitamins Minerals <i>Food Preparation Skills</i>	<b>Food Safety</b> Food spoilage and contamination Principles of food safety <i>Food Preparation Skills</i>	<b>Food Choice</b> Factors affecting food choice British and international cuisines Sensory evaluation <i>Food Preparation Skills</i>	<b>Food Provenance</b> Environmental impact and sustainability of food Food processing and production <i>Food Preparation Skills</i>	<b>Food Science</b> Heat transfer Functional properties Chemical properties <i>Food Preparation Skills</i>
11	<b>Food Science</b> NEA: Task 1 Food Investigation	NEA: Task 1 Food Investigation <b>Deadline Friday 16<sup>th</sup> December 2022</b>	NEA: Task 2 Food Preparation 3-hour practical assessment	NEA: Task 2 Food Preparation <b>Deadline Monday 17<sup>th</sup> April</b>	Paper 1 Food Preparation and Nutrition Exam preparation and revision	

excellence

integrity

kindness