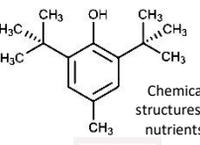
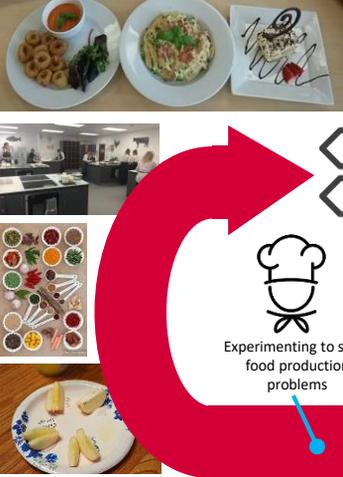


ROUNDWOOD PARK

Food Preparation & Nutrition

Level 3 diploma in food science and nutrition



Food safety, micro-organisms. Bacteria, yeasts and moulds.

YEAR 12

Cook 4 trial dishes.

KS5

YEAR 10

KS4

Achieve dish of the day or a distinction for your work

YEAR 8

Carryout sensory analysis on your muffins.

Experimenting to solve food production problems

Investigations and experiments

UNIT 3 & 4

Mock Exams

Preservation Food allergies

Ensuring food is safe to eat.

UNIT 2

Level 1 NEA completed.

Food safety in practice.

Demonstrate Skills and Techniques level 3.
Pork pie, sour dough, enriched dough, choux pastry, flaky pastry, filo pastry, meringue, using gelatine, Genoese sponge, sauces, salmon on paupiette, chicken liver pate, hollandaise, mouse,

Level 1 written exam

Production methods

YEAR 13

Visit to professional kitchen/industry

UNIT 1

Lead the department by cooking for the sportsperson's dinner.

Attend intervention sessions to help you with key terms.

Demonstrate Skills and Techniques year 9 option.
Burger, carbonara, chicken Kiev, calzone, food investigation and design and make cake.

Revise for and sit your actual GCSEs- good luck!

Understand key terminology eg
- Caramellisation
- Maillard reaction
- Plasticity
- Coagulation
- Dextrinisation

Buy a revision guide and use it!

Use SENACA as a revision tool

Carryout 4 practical experiments

AQA food preparation and nutrition

NEA TASK 2

Exam practice questions

Demonstrate Skills and Techniques year 10.
Lasagna, cakes, Kiev, lemon meringue pie, sweet and sour, flaky pastry, choux pastry, kebabs, bread, mayonnaise, honeycomb, fishcakes, tiramisu, ravioli, soups, marinades, sticky toffee pudding, jam, mozzarella cheese and pies!

NEA TASK 1

Food provenance and food choice.

AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.

Fillet a fish.

AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.

AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.

AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation.

Recap Macro and micronutrients

YEAR 11

Demonstrate Skills and Techniques year 9 core.
Haluoumi kebabs, dough-based starter, spring rolls, chopping techniques, cultural main course, beetroot brownies, dessert of choice.

Why are people vegans?

Different dietary needs.

Be inspired! Watch Master Chef!

Complete your options form.

Attend Options Evening for GCSEs

Fortification, seasonality and nutritional content.

OPTION ASSESSMENT

1. Food safety
2. Cheesecake product development
3. Media chef

Develop good independent study habits.

Shortcrust pastry and rubbing in.

Cook some Christmas goodies!

Demonstrate and Apply Knowledge: Aeration and folding technique.

Food labelling and GDA.

Chopping techniques. What do the terms julienne, baton, macedoine mean?

Attend gastro club and build on your cooking skills in KS3.

ASSESSMENT

1. Key terms
2. Flow chart
3. Own choice pasta dish

Sign up to Future Chef Competition.

Develop good independent study habits.

Cook some Christmas goodies!

Demonstrate and Apply Knowledge: The Eatwell Guide

Introduction to Food and Nutrition

Choose extra technology next year by taking it as an extra option.

RE-Act in Red feedback.

Demonstrate Skills and Techniques year 7.
Layered salad
Flapjack
Cheese and onion bread

Scones
Goujons
Muffins

Demonstrate bread techniques skills

Be inspired! Watch the Great British Bake Off!

Knife skills
Claw and bridge technique.

Introduction to the Food Room: Health and safety

Introduction to Food and Nutrition

Choose extra technology next year by taking it as an extra option.

Literacy Spelling tests, reading tasks, keywords.

Analyse and Evaluate: Food diary

Learn knowledge of nutrients

ASSESSMENT

1. Food safety
2. Health and safety
3. Sensory analysis

Introduction to the Food Room: Health and safety

Introduction to Food and Nutrition

Your first Y7 food lesson:

YEAR 7

KS3

Each serving contains	
Energy	300
Protein	7.7g
Carbohydrate	11g
Total Fat	2.0g
Saturated Fat	0.2g
Salt	0.47g
Fibre	3.0g

of your guideline daily amount