

This infographic illustrates the curriculum for Food Preparation and Nutrition across Years 7 to 11, detailing both practical and theoretical components.

### Year 7 Curriculum

- Practical Skills:** Food Safety, Heat transfer, Culinary Skills, Fruit and Vegetables.
- Theoretical Topics:** Food Science, Food Choice, Special diets, Nutrition.
- Key Concepts:** The '4' C's (Cleanliness, Care, Confidence, Creativity), Bacteria and Hygiene.

### Year 8 Curriculum

- Practical Skills:** Food safety in the kitchen (recap), Practical routine (recap), Macromolecules.
- Theoretical Topics:** KS3 – Food and Nutrition, Food poisoning, Food Labelling, Food bacteria.
- Key Concepts:** Healthy Eating – Recap, Well-being and nutrition, Micronutrients.

### Year 9 Curriculum

- Practical Skills:** Protein, Fats and oils, Fruits and Vegetables, Carbohydrates.
- Theoretical Topics:** KS4 – Food Preparation and Nutrition, Protein, Fats and oils, Fruits and Vegetables, Carbohydrates.
- Key Concepts:** Year 9 - 11 a range of savoury and sweet dish will be produced along side theory.

### Year 10 Curriculum

- Practical Skills:** Cooking of food and heat transfer, Influences of Food choice, Protein, Fats and oils, Fruits and Vegetables, Carbohydrates.
- Theoretical Topics:** KS4 – Food Preparation and Nutrition, Protein, Fats and oils, Fruits and Vegetables, Carbohydrates.
- Key Concepts:** Year 10 - 11 a range of savoury and sweet dish will be produced along side theory.

### Year 11 Curriculum

- Practical Skills:** Food processing and production, Environmental and sustainability.
- Theoretical Topics:** NEA 1, NEA 2, Revision, EXAM.
- Key Concepts:** Food and the environment, Food production, Food sources, Taste receptors, Olfactory system, Internal organs, Food labels, Moral, Food safety.

### NEA Projects

- NEA 1:** Research, Investigation, Analysis and evaluate.
- NEA 2:** Making the final dish, Analysis and evaluation.

### Post 16 Destinations

- Apprenticeship, University, A Levels, Professional & Creative Routes.