



Food Preparation & Nutrition Learning Journey

YEAR 13

Preservation Methods

Food Allergies

How micro-organisms affect food quality

NEA Ensuring food is safe to eat (25% of grade)

Food Poisoning

HACCP

Food safety control measures

Micro-organisms

Food Science

NEA Food science investigation (25% of grade)

Gelatinisation

Caramelisation

Emulsification

Designing and recording experiments

Food safety

Functions of nutrients

YEAR 12

Level 3 Food Science and Nutrition

Food hygiene

Personal hygiene

Lifestyle

NEA – Planning meals for specific diets (25% of grade)

Exam in Summer (25% of grade)

QUESTIONS

- 1- A B C D
- 2- A B C D
- 3- A B C D
- 4- A B C D
- 5- A B C D
- 6- A B C D

Written exam in summer (50% of grade)

Revision

NEA 2 (35% of grade) Food prep assessment

NEA 1 (15% of grade) – Food Science Investigation

Time plans

YEAR 11

Proposing dishes

Nutrition for groups

Cooking Method

Micronutrients

Macronutrients

NEA (60% of grades)

Exam in Jan (40% of grade)

Jobs in Hospitality

Structure of the hospitality industry

Operation of the kitchen

Operation of front of house

Health & Safety at work

Environmental Health Officers

Food intolerance

Food allergies

Food Poisoning

Food science

YEAR 10

Hospitality & Catering Food Prep & Nutrition

Nutritional needs & health

Micronutrients

Macronutrients

Food spoilage & contamination

Food safety

Food commodities



Ethical Food Choices

Planning Meals for others

Food Safety-temperature control

YEAR 9

Obesity

Nutrition for different life stages

Plastic use in the industry

Religion and food choice

Food Choice



Food allergies

Being Vegetarian

YEAR 8

Health & Safety

Food and the Environment

Using the oven

Equipment in the kitchen

Eatwell guide and nutrition

Bridge and claw chopping methods

Cooking terms

Cooking and nutrition

YEAR 7

Cross Contamination

Portion control

Health and safety within the kitchen and food

Using the hob

Rubbing – in method

Bacteria and hygiene



M.