Learning Journey

The TRUE Learning Partnership

Year 7 → Year 11

- Hygiene and safety
- Practicing key skills
- Developing practical skills
- Adapting recipes
- Presentation skills
- Theory of food
- Applying theory knowledge to practical
- Exam technique
- NEA Planning
- NEA Practical

YEAR 7

Safety
- Kitchen hazards
- Safety rules
- Fish pie (chopping skills)

Personal hygiene
- Equipment
- Use of oven

Being healthy
- Washing up
- Food poisoning
- Bread and butter pudding

Basic nutrition
- Pasta/sauce (use of hob, boiling, simmering)
- Fairy cakes (creaming/whisking)
- Eatwell guide (nutrition)

YEAR 8

Developing practical skills
- Use of grill (cheese on toast)
- Meatballs in tomato sauce

Adapting recipes
- Knife skills (Fruit salad)
- Change for health
- Spaghetti Bolognese

Food hygiene
- Dough (scones)
- Pizza (dough)
- Flap jack (use of hob, melting)
- Cheesecake (combining, decoration)
- Modifying recipes

YEAR 9

Food safety and bread
- Lemon traybake
- Food hygiene
- World foods
- Microorganisms
- Yeast
- Bread

Dairy
- Tear and share
- Dairy

Raising agents
- Vegetarian Lasagne
- Cous-Cous
- Chemical
- Mechanical
- Biological

Different diets
- Vegan curry
- Vegetarian pasta bake
- Fajitas
- Skills/techniques
- Cookies

YEAR 10

Exam technique Summer dishes
- Chicken goujons
- Muffin tin croquettes
- Tasty tartlets

Food provenance/ Food choice
- Food choice
- Food provenance and supply
- Processing/production

Nutrition
- Victoria Sandwich
- Swiss roll
- Vegetarian diet
- Selecting recipes for different groups of people
- Relationship between diet and health
- Energy balance
- Commodity groups
- Macro/micro nutrients
- Nutritional dietary needs

Cooking and food preparation
- Food science
- Food safety
- Sensory properties

YEAR 11

Exam technique
- Practical
- Justification of choice
- Exam technique

NEA Preparation
- Reason for choice
- Sensory choice
- Practical
- Skills/techniques
- Time plan

NEA 2 Planning
- Analysis
- Food provenance
- Sensory analysis
- Costing
- Research

NEA 2 Practical
- Practical
- Evaluation
- Modifications

Analysis/ Evaluation
- Sensory testing

Final exam revision
- Revision

Exam & Post – 16 Destination