



DESIGN TECHNOLOGY

BE BOLD, BE BRAVE, BE BRILLIANT

Food Preparation & Nutrition Learning Journey

Key:

TEXT

TEXT

Contextual Knowledge

Depth of Knowledge

The Big Question

Work Experience

GCSE Written Exam

College? 6th Form?

Post 16 Choices

Apprenticeship?

Non Exam Assessment

YEAR 11

10.1 How can we prepare for Industry? Mock NEA

YEAR

10

ASSESS

RECALL

CONCLUDE

- Caramelisation
- Dextrinization
- Gelatinization
- Fats & oil
- Fish theory
- Styling of products: Portion control



- Nea1 Mock - Sugars investigation, Fats investigation, Bread flour investigation
- Nea2 Mini Mock - Cafe servings, seasonal dishes.

[What is the Institute of Food Science and Technology?](#)

9.1 How Multicultural is Houlton?

YEAR

9

PROVE

CONNECT

MODIFY

Borough Market London.

Bread Ahead workshop

- Street Food Introduction
- Regional Foods
- Factors affecting food choices
- The senses of food
- Food provenance & Food miles
- Fairtrade
- Food packaging

- Theory of vegetables
- Portioning a chicken
- Cooking methods
- Cake making methods
- Special diets
- Bread Making knowledge - fermentation

[Video: Portioning a chicken](#)

YEAR

8

8.1. Do Nutrients Change with Heat?

- Portioning a chicken theory
- Enzymic browning
- Cheese & yoghurt
- How yoghurt is made
- Macro & micro nutrients
- Eggs and their nutritional value



<https://www.ifst.org/lovefoodlovescience/resources/food-investigation-conducting-experiments-ii>

- Nutrition
- Sugars: Effects on health
- Dietary fibre
- Danger Zone
- Cross-contamination
- Temperatures
- 4C's

[Video: Bacteria Bites](#)

7.1 What Skills Does a Commis Chef Need?

YEAR

7

DESCRIBE

EXPLAIN

INTERPRET

- Introduction and rules to the Food room
- Hazards and how to prevent them.
- Washing up correctly
- Functions of wholemeal flour
- Food storage, use by & best before date
- Temperature controls

Masterchef professionals

The Skills Test!

- Eatwell guide
- Healthy Lifestyles
- Dietary Needs
- Nutrients in the body
- Carbohydrates: Functions within the body
- Proteins: Functions in the body
- Dairy: How it affects our food choice

Food Fact for Life

Spot the Hazards in the kitchen