

Year 7	Year 8	Year 9
<p>Introduction to Food Kitchen safety, healthy eating and nutrition.</p>	<p>Commodities - The ingredients we use. Costing and labelling food products.</p>	<p>British and International Cuisine Food Provenance Introduction to the food science.</p>
<p>Kitchen safety, hazard awareness, washing up. The cooker and cooking equipment</p> <p>Nutrition - why does our body need food? The Eatwell guide and Food groups</p> <p>Protein - Functions and sources.</p> <p>Carbohydrates - Function and sources. Simple and Complex</p> <p>Fats - types, sources and uses, functions.</p> <p>Micronutrients - vitamins</p> <p>Knife skills</p> <p>Micronutrients - minerals</p> <p>Energy balance and age groups</p> <p>Healthy eating Design task (flapjacks). Design a flapjack / energy bar for a given user (athlete)</p>	<p>Review of Nutrition from Year 7.</p> <p>Sensory Evaluation Potatoes and Vegetables, types and nutritional value</p> <p>Fruit types, nutrition and uses</p> <p>Milk and Dairy</p> <p>Meat, poultry and fish</p> <p>Bacteria and Food Poisoning</p> <p>Costing Food</p> <p>Food Labelling</p> <p>Dish Design / Challenge. A costed dish developing / improving one of the dishes covered this term.</p>	<p>British regional Cuisine</p> <p>Italian Cuisine</p> <p>Asian cuisine (Chinese, Thai, Indian)</p> <p>Food Provenance</p> <p>Types of cooking and heat transfer</p> <p>Shortening and Aeration</p> <p>Denaturing and Coagulation</p> <p>Caramelisation and Dextrinisation</p>