

Food Learning Journey

Life skill cooking



Main meals from scratch



Food for Life

Mini apple pies

Alternative protein sources

Yeast based recipes

Sweet/savoury scones



Sweet and sour chicken



Sausage rolls



Chicken goujons and sweet potatoes fries



Spaghetti bolognese



Bread based pizza



Sharing bread

Understanding the labelling of a food product



Flavoured bread sticks

Year 10

Pizza swirls



Design, plan and execute



Victoria sponge cake

Taste, tongue and sensory analysis

Shortbread biscuits



Chicken goujons

Working with 'high risk' ingredients

Following the 4Cs

Nutritional needs and life stages



Cheese and onion mini pies



Nutrition and health

Energy balance

Name nutrients and their role in the body



Baking making methods

Year 8

Cheese straws



Sensory evaluation

Use of utensils and equipment

Fruit crumble



Sweet and savoury scone



Classification of foods



Scone based pizza

Practical skills



Pasta salad



Creating a healthy snack

Year 7

Personal and kitchen hygiene



Weighing and measuring

Pizza toast



Knife skills

