

Food Learning Journey

L2/3
HOSPITALITY & CATERING L3 FOOD SCIENCE & NUTRITION APPRENTICE CHEF

FINAL EXAM

EXAMINATION TECHNIQUE

NEA2 ASSESSMENT

Retrieval strategies

MOCK EXAMINATION

Complex skill building eg portioning chickens, filleting fish, pastry/pasta making, sauce making, setting mixtures (S1-S12)



NUTRITION & HEALTH

NEA2 MOCK ASSESSMENT

NEA1 ASSESSMENT

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ADVANCED COOKING SKILLS



Nutrients, nutritional needs & health



Research, menu planning, timing plans, 3 hour cook, nutritional analysis

KS4 – GCSE in Food Preparation and Nutrition

NEA1 MOCK ASSESSMENTS

FOOD SAFETY

FOOD PROVENANCE

FOOD STYLING



Investigating the chemical & functional properties of food (x3 assessments)



Food spoilage & contamination, principles food safety



Food production & processing, food & the environment



Presentation techniques

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INTERNATIONAL CUISINE

CONSUMER AWARENESS

Toad in the Hole Practical



Sizzling Stir Fry with Noodles Practical



Curry and Rice Practical



Gourmet Burger Practical



Buying food, labelling, food waste

BRITISH CUISINE

FOOD CHOICE

HEALTH & SAFETY

Scotch Eggs Practical



Victoria Sponge Practical



Factors affecting food choice including culture, social, medical, economic



Food allergies and intolerances, preventing cross-contamination

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DAIRY

FATS & OILS

ADAPTING RECIPES

Chicken Fajitas Practical

Cheese and Onion Tarts Practical



Macaroni Cheese Practical



Pizza Practical



KS3 – National Curriculum Cooking and Nutrition



Fish and Chips Practical



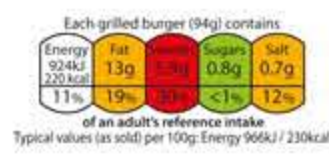
PROTEIN

THE EATWELL GUIDE PT 2

HEALTH & SAFETY



Bolognese Practical



Healthy eating guidelines review



Preventing food poisoning, using high risk ingredients safely and the 4Cs

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FOOD MILES

CARBOHYDRATES

THE SCIENCE OF COOKING

SENSORY TESTING

Apple Crumble Practical



Pizza Toast Practical



Fruity Flapjacks Practical



Cheesy Scones Practical



FRUIT & VEGETABLES

THE EATWELL GUIDE PT 1

HEALTH & SAFETY



Vegetable Couscous Practical



Fruit Fusion Practical



Healthy eating guidelines



Personal hygiene, knife safety (bridge and claw) and cooker safety

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