



# FOOD & NUTRITION

BE BOLD, BE BRAVE, BE BRILLIANT

# Food & Nutrition Learning Journey

Work Experience

College? 6<sup>th</sup> Form?

Post 16 Choices

Apprenticeship?

GCSE Preparation

11.1 GCSE NEA 1 & 2

YEAR 11

10.2 Refine & Respond

YEAR 10

10.1 Micro & Macro Nutrients



Synthesise Critical Theory & Practice

Vitamins Nutritional Analysis Absorption

Minerals Fats Sugars Food Scientists

Diet for Performance Balanced Diet Malnutrition

Carbohydrates Fats

9.1 Activity & Energy

YEAR 9

8.2 Food & Senses

Iron Deficiency Bone Health Diet & Exercise Obesity



Investigations

Protein Emulsions

Provenance Quality & Assurance

Store & Protect Texture Taste



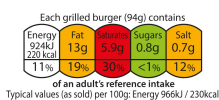
YEAR 8

8.1 Cultural Foods

Olfactory System

7.4 Catering for Needs

Energy Balance Cooking Safely High Risk Foods



Food Availability & Labelling Processing & Manufacture

Consumer Needs Hydration Fruits & Vegetables Recipe Design Health & Safety



7.2 Can we Eat Well? 7.1 Skills of a Commis Chef?

YEAR 7

Societal Factors Oils & Spreads Pulses, Grains & Beans Eat Well Guide Nutrition Knife Skills Core Skills



Big Question: How did Usain Bolt Break Records?

Big Question: What Skills Does a Commis Chef Need?

Big Question: Why do Bodybuilders need Protein?