



# 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

Energy Balance

9.2 Diet & Nutrition

Sugars Starch Protein Nutrients

Diet for Performance



Minerals Fats Sugars

Food Scientists

Malnutrition

9.1 Activity & Energy

YEAR 9

Carbohydrates Fats

8.2 Food & Senses

Iron Deficiency Bone Health Diet & Exercise Obesity



Investigations

Protein Emulsions

Store & Protect Texture Taste



Provenance Quality & Assurance

YEAR 8

7.4 Catering for Needs

8.1 Food & Location

Olfactory System

Energy Balance Cooking Safely High Risk Foods

Each grilled burger (94g) contains			
Energy	Fat	Sugars	Salt
924kJ	13g	5.9g	0.8g
220kcal	11%	19%	<1%
of an adult's reference intake			
Typical values (as sold) per 100g: Energy 966kJ / 230kcal			

Food Availability Processing & Labelling & Labelling 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: How Multicultural is Houlton?