

Food Preparation and Nutrition Learning Journey



Assessment Revision

Here you will complete revision for the final exam.



NEA 2

Here you will research the task to plan and prepare dishes. You will accomplish a 3-hour practical making 3 of your chosen dishes. We will also help you to prepare for a written assessment.



NEA 1

Here you will continue your masterchef journey by Investigate the functional and chemical properties of food.



THE CHEMISTRY OF CHOCOLATE

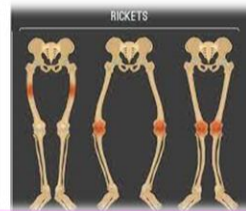


11

Food science and safety

International cuisine and food provenance

Here you will learn about Food Labelling, microorganisms in food production and Heat transfer. You will also understand Factors affecting food choice, including moral and ethical food choices.

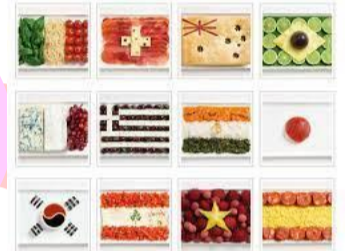


Macro and Micronutrients

You will learn about Protein, Carbohydrates, Fat, Vitamins, minerals, water fibre. You will make the famous 'Nandos' chicken, as well as fish goujons and Cheese and bean pasties.

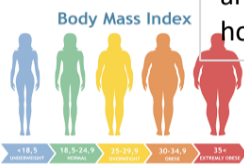


10



Nutritional needs and health Diet related conditions

In this topic you will learn about healthy eating guidelines, and how to avoid obesity and rickets. Plus you will find out how vegetarians and vegans plan a good diet.



The 8 top Tips

Here you will learn about the 8 top tips, starchy carbohydrates, fruit and vegetables, eat more fish and eat less fat and sugar You will make Mac and cheese, Stir fry, fish cakes and Swiss roll.



International cuisine

You will put your research skills to the test and explore a county and its dishes. For example, British cuisine, Italian cuisine, French cuisine

The 8 top tips

Here you will learn about the 8 top tips, eat less salt, get active and drink enough water, you will make Chicken curry, Calzone and ramen.

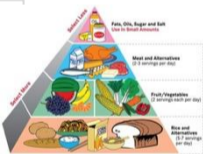
9



Oils and spreads

Dietary Goals

Here you will learn why you should eat less fat, sugar, salt, and eat more fibre. You will master making pie, Spaghetti Bolognese, Koftas, muffins and flapjacks



Protein

Here you will learn the function and sources of protein in the diet and how to prepare them.

You will make salt and pepper chicken, chilli con carne, Tuna Pasta, Frittata, bean tacos.



Dairy

You will understand how dairy products are made and make a Quiche, naan bread, Cheesecake, Chocolate mousse.



8



Carbohydrates

You will learn about the different types of carbohydrates and their function in the diet. You will make Egg fried rice, spaghetti Bolognese and loaded potato fries.



Fruit and Vegetables

Here you will learn about the role of fruit and vegetable in the diet, you will make: Fajitas, Sweet and sour, fruit crumble, fruit muffins.



7

Skills in the kitchen

Here you will learn how to safely use a cooker. How to use a knife and how to safely prepare food. This is the start of your Culinary journey to success!

