

NLC FOOD & NUTRITION LEARNING JOURNEY

NEXT STEPS:
ONTO HIGHER EDUCATION,
APPRENTICESHIP OR FULL TIME
EMPLOYMENT

YEAR 11

NEA1
Food investigation Task

REVISION FOR GCSE EXAMS

GCSE EXAM
50%

NEA1
FOOD INVESTIGATION TASK 15%

NEA2
Food investigation Task

NEA2
FOOD PREPARATION TASK 35%

FOOD INVESTIGATION TASK
Similar to NEA1.

FOOD PREPARATION TASK
Similar to NEA2.

FUNCTION OF INGREDIENTS
Gelatinsation/Dextrinisation/
Caramelsation/Plasticity/Shortening/
Emulsification/Aeration/ Raising agents.

MICRO ORGANISMS IN FOOD
Growth, control, enzymes, high risk
foods, food spoilage, food poisoning,
the use of micro organisms in food
(yogurt, cheese, bread).

PROCESSING

ADDITIVES & FORTIFICATION

FOOD MILES

FOOD WASTE

FOOD SECURITY

FOOD PROVENANCE
Sources, organic, genetically
modified, seasonality.

YEAR 10

NUTRITION & HEALTH
Protein, fats, carbohydrates, vitamins,
water, CHD, obesity, high blood pressure,
bone health, anaemia, type 2 diabetes.

WHY WE COOK FOOD & HEAT TRANSFER
Why food is cooked (develop flavour,
change texture etc) Convection, conduction
and radiation, different cooking methods
(frying, boiling, grilling etc)

FOOD PREPARATION TASK
Similar to NEA2 assessment.

DEVELOPING PRACTICAL SKILLS
Runs throughout the year – wide range of
foods to develop practical ability.

MICRO ORGANISMS IN FOOD
Growth, control, enzymes, high risk
foods, food spoilage, food poisoning, the
use of micro organisms in food (yogurt,
cheese, bread)

YEAR 9

FAIRTRADE
Looking at social and ethical problems.

CARBOHYDRATES & ENERGY
Significance, where carbohydrates come
from and energy balance.

HYGIENE & SAFETY
Within the classroom and in industry
(looking at chefs attire).

FOOD SCIENCE
Raising agents, how they work and
why we use them.

FOOD CHOICES
Ethical choices (vegetarian/vegan)
Religious choices, Medical choices
(allergies) and cost.

FAMILY MEALS
Inexpensive dishes they can replicate at
home recapping basic skills from year 7.

YEAR 8

HAZARDS & HYGIENE
How to keep safe within a kitchen with a
high level of personal hygiene.

THE EATWELL GUIDE
How it is used and the
benefits of following it.

OVEN SAFETY
Using the hob, grill and oven safely.
Experience with both gas and electric.

BALANCED DIETS
Protein, Vitamins, Fats, Dairy.

YEAR 7

BASIC PRACTICAL SKILLS
Bridge/claw, weighing, measuring,
washing up.

OVEN SKILLS
Turning the oven on, setting to a
temperature, turning it off.

TESTING FOR READINESS
Create more complex dishes
independently, adapt taste using
seasonings and altering recipes.