DESIGN & TECHNOLOGY

HIGHAM LANE NORTH ACADEMY

FOOD PREPARATION AND NUTRITION

KS3 Learning Journey

Module 3: Fruit & Vegetables

Enzymic browning

Government guidelines

Nutritional needs

Module test

Y10

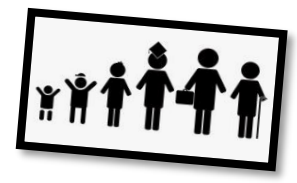
Trial Exam: 1hr 45min written paper

Primary & secondary processing

Dietary fibre

Milk, cheese, yoghurt & cream

Seasonality

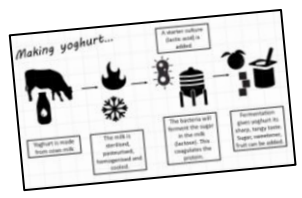


Plant proteins: seeds, nuts & beans

Food science: denaturation

Food science: Maillard reaction

Module test



Module 2: Dairy

Alt proteins: tofu, TVP & Mycoprotein

Meat, eggs, poultry, fish

Welfare & safety symbols

Food science: coagulation

Food hygiene: high risk foods

End of topic assessment 30 marks

Y9

Module 1: Protein

Deboning & portioning a chicken

Organic

Practical assessment: pizza 30 marks

Developing the learning: cinnamon buns

Scaffolding skills: burger & bun

Food science: fermentation

Scaffolding skills: apple pie

Food science: gelatinisation

Introduction to macronutrients

Scaffolding skills: sweet & sour

Key temperatures and food spoilage

Refining knife skills: bridge & claw

Applying the science: Mac & Cheese

Y8

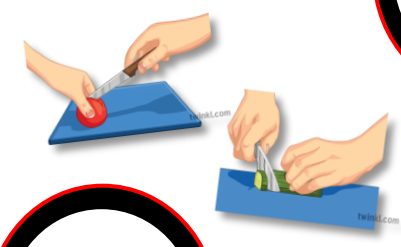
Practical assessment: pasta bake 15 marks

Application of learning: Chicken* goujons

End of topic assessment 15 marks

Practical assessment: scones 15 marks

Preventing cross contamination: fajitas & guacamole



Baseline assessment based on prior experience in DT: completed by all Y7 students.

Enzymic browning: apple crumble

Food science: enzymic browning

Knife skills: Coleslaw

Baseline Assessment

Y7

Understanding contaminations Mid topic assessment 15 marks

Introduction to FPN: hygiene and safety. The 4C's