ROAD MAP TO THE FOOD PREPARATION AND NUTRITION CURRICULUM

NEA2 – Plan, prepare and make a three course menu for a task set by the exam board – Released on 1st Nov

NEA1- Science experiment – Task set by the exam board on the 1st Sept

- Food, Nutrition & Health
- Food science
- Food safety
- Food choice
- Food provenance

Y11

- Preparation for Written Exam 8585
- NEA2 ASSESSMENT- 8585 Choice of 3 scenarios
- Winter Mock Exam Prep
- NEA1 ASSESSMENT- 8585 Choice of 3 scenarios

Food Science

Food Spoilage and contamination Micro – organism in food production

Enterprise Project / BEE Awards

Responding to a brief

Developing and planning a meal that is suitable for either a teenager or suitable for a family with a low budget

Y10

Enterprise Project / BEE Awards

Food Allergies & Intolerances

- Hygiene/Safety Rules Eatwell guide/Healthy Eating Five nutrients – Protein, Carbohydrates, Fats, Vitamins and Minerals
- Food Choice & Provenance Mini NEA1 assessment
- Advertising & Marketing Mini NEA2 assessment

Macronutrients and Micronutrients

Healthy Eating

Y9

- Diet and Health
- Food and the environment
- Food Science

HACCP

Illnesses + food poisoning

Environmental issues

Multi-cultural foods

Raising Agents

Reducing sugar in the diet

Reducing salt in the diet

Adding more fibre to your diet

Reducing fat in your diet

Fruit + vegetables.

Y8

- Nutrients
- Fairtrade, food miles, seasonality and sustainability
- Dietary Goals

Diet and Health

Macronutrients and Micronutrients

Energy in food

Y7

- Cereals and Dairy Foods, Safe preparation & storage of foods
- 5 Nutrients and Eatwell Guide
- Hygiene, Health and Safety in the kitchen, knife Skills

Healthy Eating

Bridgewater High School