

Curriculum Overview

Subject: Food Preparation and Nutrition

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 9	Nutrition: - 1. Fats 2. Carbohydrates 3. Protein 4. Micronutrients 5. Fibre/water Practical: - 1. Fish cakes 2. White sauce 3. Crème Brulee 4. Quiche	Nutrition continued Cooking Methods Practical: - 1. Soup 2. Meringues 3. Cheese and onion muffins 4. Roast dinner	Food science: - 1. Maillard reaction 2. Gelatinisation 3. Emulsions 4. Dextrinisation 5. Caramelisation Practical: - 1. Mayonnaise 2. Crème Caramel NEA 1 Practice experiment	Raising agents Enzymic browning NEA 1 practice Practical: - 1. Swiss roll 2. Honeycomb 3. Choux pastry 4. Yorkshire puddings 5. Meringues	Diet and good health - Cardiovascular disease - Anaemia - Gluten intolerance - Lactose intolerance Practical: - 1. Meatball pasts 2. Jambalaya 3. Debone chicken 4. Lemon chicken 5. Burgers	Ethical diets Preparation for NEA 2 – plan, prepare and cook a dish suitable for a religious diet.