

Benton Park School D&T Department

FOOD PREPARATION & NUTRITION

LEARNING JOURNEY



Food processing



Environment



Using pasta machine

Food science



3 hr timed cook



YEAR

11

NEA 1 (15%)

NEA 2 (35%)

Written exam (50%)

Post Secondary Pathways

Complex practicals



Allergens

Food labels

LOW	MED	HIGH
Sugar	Fat	Sat Fat
0.9g	20.3g	10.8g
1%	29%	54%

British & international cuisine



Fats



Protein

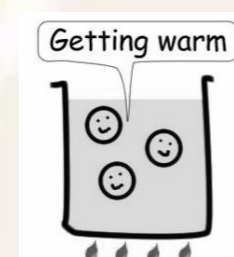
Fibre



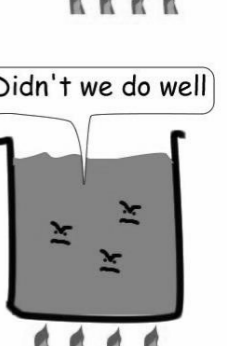
Vitamins & minerals



Options Evening



Gelatinisation



Pasta Science

3) Food Choices

1) Food, Nutrition & Health

YEAR 10

2) Food, Science & Safety



Dextrinisation

Caramelisation

Emulsion



Planning for a specific person

Health issues that can occur

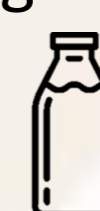


Looking at different sensory testing



Food evaluations

Curdling demonstration



Protein denaturation

Eatwell Guide continued...

Practical cooking using more complex equipment



Electric whisk



Food processor

Carbohydrates

Function of carbohydrates, sources and effects

Healthy meal planning



YEAR 9

9

Vegetarianism



Religious food needs



Tropical World project: Eatwell Guide



Macronutrients

Tropical World project: Food evaluations

Tropical World project: Menu & packaging designs

Tropical World project: Different cultures & food requirements

Tropical World project: Practical cooking

Using food adjectives & verbs



YEAR 7

7

Tropical World project: Food Prep introduction



Personal health & hygiene



Using our senses to critique existing food products



Making dishes

Tropical World project: Product tasting & analysis