

## Food Nutrition Curriculum Map

Year Group	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Key Stage 3 (Food Technology)	Hygiene and Safety Knife Skills Use of kitchen equipment Sensory analysis	Eatwell Guide Function and sources of macro and micro nutrients.	Digestion Yeast and Gluten (bread making) Food choice (Foodmiles, Sustainability, Organic, provenance) Evaluating your work	Food labelling Food Packaging Nutritional labelling Reducing sugar consumption	Energy balance Adapting recipes Specific dietary requirement and allergies	Costing of dishes Nutritional calculation of dishes
10	Fruits and Vegetables Hygiene and Safety	Milk, cheese and yoghurt Types of cake recipes and raising agents	Cereals Types of pastry	Meat, fish, poultry and eggs Mock NEA1	Butter, oils, margarine, sugar and syrups Provenance and food choice	Beans, nuts, seeds, soya, tofu and mycoprotein. Writing time plans
11	Completing Commodities – Fats and sugars, beans, nuts, seeds and alternative proteins. NEA 1	NEA 1	NEA2	NEA 2 and exam revision	Revision and GCSE exam	