

# Content & Skills overview

## Food

Year 6 – end of Primary	Year 7	Year 8	Year 9	Year 10	Year 11	School Leavers at 16	Year 12	Year 13	School Leavers at 18
<b>Key stage 1</b> <ul style="list-style-type: none"> <li>use the basic principles of a healthy and varied diet to prepare dishes</li> <li>understand where food comes from.</li> </ul> <b>Key stage 2</b> <ul style="list-style-type: none"> <li>understand and apply the principles of a healthy and varied diet</li> <li>prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</li> <li>understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed</li> </ul> <p>Discussion with our students identified that healthy eating is covered at their primary schools. Some food curriculum covered with a few practicals but it is not consistent across the feeder schools.</p>	Knife skills  Eat well guide  Nutrition  Tools & Equipment  Adapting a recipe	Knife skills  Eat well guide  Nutrition  Adapting a recipe  Special dietary needs  Chemical reactions  Function of ingredients  Hygiene & safety  Heat Transfer & cooking methods  Food Poisoning  Moral, Social and Ethical issues in the food industry  Raising agents	Knife skills  Eat well guide  Nutrition  Adapting a recipe  Chemical reactions  Function of ingredients  Hygiene & safety  Budgeting  Heat Transfer & cooking methods  Food Poisoning  Moral, Social and Ethical issues in the food industry  Raising agents  Sauce making  Seasonality  Presentation skills	Food commodities  Principles of nutrition  Diet and good health  The science of food  Where food comes from  Cooking and food preparation  Skills  Practise NEA	NEA 1  NEA 2  Set by the exam board contextual study which is 50% of the final grade.	Waltham Forest College – catering  Westminster college – catering, hospitality  Apprenticeships			Degree courses include BSc (Hons) Food Technology, BSc (Hons) Food Science, BSc (Hons) Human Nutrition and Dietetics, are offered by a range of Universities.