Food Learning Journey

SKEGNESS ACADEMY

At Skegness Academy we learn to cook cuisines from different origins

British · Dutch · French · Spanish · Italian · Moroccan · Egyptian · South African · Chinese · American

YEAR 11

NEXT STEPS

Written Paper

REVISE

NEA Two Assessment

E – Analysis and evaluation

C – Planning for the final menu

D – Making the final dish

NEA Two

A - Researching

B – Demonstrate technical skills

NEA One Assessment

NEA One

A – Research
B - Investigation
C – Analysis and evaluation

Introduction to NEA

NEA One
A – Research
B – Investigation
C – Analysis and evaluation

Mock Written Paper

NEA Two
A – Research
B – Demonstrate technical skills
C – Planning for the final menu
D – Making the final dish
E – Analysis and evaluation

Food Choice

Eat The Seasons

Food Safety

Bacterial contamination

Buying and storing food

Nutritional Needs

Food Cost and Quality

Obesity , Diabetes, Stroke, Cancer

Food Science

Micro-nutrients

Sources Role and Function of Vitamins and Minerals

Water

Sources Role and Function of Fats

Gelatinise – sauces

Practical: Shortcrust Pastry Roasted Vegetables

French

South African

Practical: Vegetable Kebabs and Cous Cous Beef Chow Mein

Moroccan

Chinese

Practical: Macaroni Cheese Filleting Fish, Fish Pie Portioning Chicken Poached Eggs

French

British

YEAR 10

Macro-nutrients

Practical: Victoria Sponge Bread Making Pasta Making

Coagulation

Sources Role and Functions of Proteins

Italian

Egyptian

Sources Role and Functions of Carbohydrates

Rubbing In

Creaming

Raising agents

Diet nutrition and health

Tunnocks Tea Cake Challenge

Food Safety: Presenting

Essential Skills and Knowledge

Baseline Assessment

Evaluation and Review

Practical: Coleslaw

Dutch

Knife Skills

Final Assessment

Practical: Spaghetti Bolognese

Italian

Nutrition and Health

Nutritional analysis

Dietary Needs

Lactose-Free

Ready Meals

Coeliac
Gluten-Free

Diet and lifestyle Vegetarians

Impact of Meat

Practical: Vegetable Risotto

Italian

Practical: Stuffed Peppers

Spanish

Food Provenance

Organic Farming

Special Diets and religion

Food Miles

Seasonal

Fairtrade : ethics

Factors affecting choice

YEAR 9

Nutrition and Health

Practical: Stir Fry

Chinese

Energy and Carbohydrates

Eat Well guide and nutrition

Essential Skills Recap

Baseline Assessment

Final Assessment

Macro-nutrients: Carbohydrates

Practical: Fruit Muffins

American

Nutritional Information

Creating Time Plans

British

Practical: Flapjacks

Role of sugar in baking

Carbohydrates

YEAR 8

Final Assessment

Practical: Apple Crumble

British

Dietary Needs

Food is Fuel

Food as Fuel

Baseline Assessment

Essential Skills Recap

Cooking terms

Fermentation

Star Diagrams

Food Science

Functions of Yeast

Practical: Pizza

Italian

Healthy Lifestyles

Practical: Savoury Rice

Asian

Diet and Exercise

YEAR 7

Baseline Assessment

Essential Skills for FPN

Practical: Fruit Fusion

American

Knife Skills

Weighing

Health and Safety

Using the hob

Washing Up

Food Science

Sensory Analysis

Enzymatic Browning

Nutrition and Health

Practical: Pasta Salad

Italian

Bacteria & Food Poisoning

Eat Well guide and nutrition