



Moving on to year 10 NEA projects

20. Functional and chemical properties of food – Raising agents
 What are raising agents and how do they work?
 Explore the 4 different types of raising agent
PRACTICAL: Chocolate profiteroles
 Lemon meringue Pie

19. Mini NEA 1
 Explore different types of fat used to make pastry
PRACTICAL: Investigation into different fats

18. Primary and secondary processing of food
 Explore different ways food is processed.
 Learn how wheat is turned into flour and how milk is turned into cheese.
PRACTICAL: Strawberry Jam

15. Micronutrients part 2:
 What are minerals
 Explore the function and food source of each mineral
PRACTICAL: Cauliflower cheese

16. Physical and chemical properties of food - Bread products – Gluten:
 To familiarise with the function of yeast as a raising agent to make bread products
 To learn the function of protein in making bread dough.
PRACTICAL: Flavoured bread rolls or Focaccia

17. Cooking methods and Heat transfer:
 What are the different ways in which food is cooked?
 Why does food need to be cooked?
 Explore the different ways that heat can be transferred
PRACTICAL: Vegetable experiment – What is the most successful way to cook vegetables to retain appearance, colour, flavour, texture and nutritional value?
 Homemade marinated kebabs with stir-fried vegetables and couscous.

14. Micronutrients:
 What are micronutrients?
 What are the two different groups of vitamins? Explore the function and food source of each vitamin.
PRACTICAL: Choose a vitamin and recipe to plan and make

13. Food provenance - Free range and Organic farming, Environmental concerns in food production
 What is Free range farming?
 What foods can be grown organically?
 What is the impact of free range and organic farming on the environment.
 What does food miles mean?
 Why is it important to consider locally sourced and seasonal foods.
PRACTICALS: Toad in the hole

12. FATS:
 What is the function of fat in the diet
 What are the main sources of fat
 What are the different types of fat (saturated and unsaturated)
 Explore the effects of deficiency and excess of fat in the diet
 Why is important to reduce fat in our diets?
 How does fat shorten foods such as pastry?
PRACTICAL: Short crust pastry - Roasted Mediterranean tart

11. PLEASING PASTA – Starchy Carbohydrates
 Explore the different types of carbohydrates
 Explain the term polysaccharide carbohydrate.
 Revisit energy balance
 Learn how to make fresh pasta
 Identify the names of different pasta shapes
 Learn how to roll and shape pasta using a pasta machine
 Explore pasta dishes and sauces
ASSESSMENT: MINI NEA - PLAN, PREPARE AND COOK A DISH THAT IS HIGH IN POLYSACCARIDE CARBOHYDRATES

10. Carbohydrates - Sugars
 What are the different types of carbohydrates?
 What is their function in the diet?
 What are sugary carbohydrates?
 What are free- sugars and sugar alternatives?
 Explore the effects of deficiency and excess of sugar in the diet.
 How can a baked product be modified to reduce sugar and increase fibre?
PRACTICALS: Wholemeal, no refined sugar banana cake

09. Chicken Challenge:
 Learn how to debone a chicken
 Identify different parts of a chicken
 Learn a range of recipes that include Chicken
 Consider the impact of protein on our diets
Assessment: PLAN, PREPARE AND COOK A DISH FOR A FAMILY OF FOUR WHICH CONTAINS CHICKEN
PRACTICALS: Chicken goujons and BBQ chicken legs and thighs

06. Energy Needs and Energy balance:
 Learn the importance of energy balance, physical activity and the implications of dietary excess and deficiency.
PRACTICAL: Rough puff pastry: Sausage rolls

07. Cake making:
 What are the functions and uses of the main ingredients used in cake making?
 To learn the science of aeration and raising agents.
 To demonstrate skills of the all in one method.
PRACTICAL: Lighter Spiced Carrot Cake

08. Protein:
 What is the function of protein in the body?
 What are the food sources of protein
 To explore HBV and LBV protein
 How much protein is needed at different life stages?
 What are the effects of deficiency or excess of protein in the diet
 What are alternative proteins and protein complementation.
PRACTICALS: Sweet potato, Chickpea and Lentil Curry

05. Food labelling and Reference Intake (RI)
 What information is legally required on a food label?
 What does Reference intake mean? And how is it used to select suitable food products.
 To explain ways in which recipes could be modified to promote healthy eating.
PRACTICAL: Spaghetti bolognaise

02. Food Safety
 What is bacteria? How to prevent bacteria spreading? What is bacterial contamination? What is the difference between physical, biological and chemical hazards in the kitchen? **PRACTICAL:** Fajitas (raw meat)



YEAR 9

04. Dietary needs at different life stages: Research task (group work)
 Explore the dietary needs of pre-school children, school children 5-12m teenagers, adults and the elderly.

03. Knife skills
 Learn how to develop accurate and safe knife skills when preparing food including the bridge and claw method. Learn chopping techniques such as julienne, brunoise and batonnet.
PRACTICAL: Vegetarian Risotto.

01. The Eatwell guide:
 What is the guidelines of Eatwell guide and how does it encourage us to eat a balanced diet?
 What are the sections of the Eatwell guide?
 What are the nutritional needs of a teenager?
 What factors affect dietary needs throughout life stages?
PRACTICAL: Prepare and present a healthy savoury lunch for a teenager.

Transition: What is Food and Nutrition?:
 We will consider why we study Food and nutrition and explore where food comes from. You will learn a range of culinary skills along the way.