



KS3 TO GCSE FOOD AND NUTRITION LEARNING JOURNEY

Building knowledge. Developing skills. Inspiring healthy futures.



WHAT WILL I LEARN?

You will explore food, nutrition, cooking and culture.

You will develop the knowledge, practical skills and values to make healthy, informed and sustainable choices for your future and the world around you.



KEY SKILLS

- Food preparation
- Cooking skills
- Understanding nutrition
- Food safety
- Research
- Problem solving
- Evaluation and reflecting
- Teamwork & creativity



Care for Creation



Dignity in Work



The Common Good



Option for the Poor & Vulnerable



YOU ARE HERE

Every recipe, every activity and every lesson helps you build skills for life and a healthier future!



START

YEAR 11

GCSE PREPARATION & EXAM SUCCESS

- 1 Revision & Retrieval Consolidate all knowledge, key terms and concepts.
- 2 Exam Practice Apply knowledge to exam-style questions and scenarios.
- 3 Practical Mastery Refine cooking skills, timing, presentation and evaluation.
- 4 Independent Learning Take ownership of your learning and final preparation.



YOU WILL DEVELOP

Confident subject knowledge, strong practical skills and the ability to apply what you know in exams and real life situations.

YEAR 10

APPLYING KNOWLEDGE & INDEPENDENCE

- 1 Food Choice & Health Analyse diet, health issues and lifestyle factors.
- 2 Food Science Understand how heat changes food and why.
- 3 Food Safety & Microbiology Learn about bacteria, contamination and prevention.
- 4 Food Provenance & Sustainability Explore where food comes from and its impact.
- 5 Menu Planning & Costing Plan nutritionally balanced menus within a budget.



YOU WILL DEVELOP

Independent research, critical thinking and the ability to make informed, ethical and sustainable decisions.

YEAR 9

FOOD AND CULTURE

- 1 Cuisines of the World Explore a range of world cuisines and their characteristics.
- 2 Cooking Techniques Learn and apply a wide range of cooking methods.
- 3 Ingredients & Flavour Understand how ingredients and flavour combinations work.
- 4 Food & Culture Investigate how culture, religion and tradition influence food.
- 5 Special Occasions Plan and cook food for celebrations and events.
- 6 Diet & Lifestyle Understand different dietary needs and healthy choices.
- 7 Food Issues Explore fair trade, ethical choices and global challenges.
- 8 Creating a Menu Design a menu for a chosen theme or cuisine.
- 9 Final Practical Plan, cook and present a final dish with evaluation.
- 10 Assessment Review what you have learnt and celebrate progress.



YOU WILL DEVELOP

Confidence in the kitchen, creativity, cultural understanding and the ability to design and cook for others.

YEAR 8

WHERE DOES FOOD COME FROM?

- 1 Food Origins Discover where food comes from: plants or animals?
- 2 Seasonality Learn how eating with the seasons benefits us and the planet.
- 3 Farming & Fishing Explore how food is produced sustainably.
- 4 Processing & Packaging Why food is processed and how it is packaged.
- 5 Transport & Storage How food gets to our plates safely and efficiently.
- 6 Food Waste The impact of food waste and how to reduce it.
- 7 Food Labelling & Prices Understanding labels, prices and value.
- 8 Cooking with Ingredients Use a range of ingredients to make balanced meals.
- 9 Final Practical Plan, make and evaluate a meal using sustainably sourced ingredients.
- 10 Assessment Review what you have learnt and celebrate progress.



YOU WILL DEVELOP

Knowledge of food systems, sustainability and the skills to plan, cook and evaluate healthy meals.

YEAR 7

WHY DOES OUR BODY NEED FOOD?

- 1 Health & Safety Keeping safe in the kitchen and good hygiene.
- 2 Eatwell Guide (Intro) Introduction to the Eatwell Guide and food groups.
- 3 Carbohydrates Our main source of energy.
- 4 Protein Helps our body to grow and repair.
- 5 Fats & Dairy Why we need them and how to use them.
- 6 Fruit & Vegetables Vitamins, minerals and fibre for good health.
- 7 Balanced Diet Too much or too little? Finding the balance.
- 8 Making Good Choices How to choose healthy foods and read labels.
- 9 Final Practical Plan, make and evaluate a healthy meal.
- 10 Assessment Review what you have learnt and celebrate progress.



YOU WILL DEVELOP

Essential cooking skills, nutrition knowledge and healthy habits that support you for life.



OUR MISSION

To inspire confident, creative and independent learners who understand the importance of food, health, culture and sustainability.



Be Healthy



Be Sustainable



Be Respectful



Be Compassionate

educas
food and nutrition