

MHS Food Learning Journey

L2/3
HOSPITALITY &
CATERING

L3 FOOD
SCIENCE &
NUTRITION

APPRENTICE CHEF or
DIETIC APPRENTICE



Complex skill building e.g. portioning chicken, filleting fish, pastry/ pasta making, sauce making, setting mixtures (S1-S12)



NUTRITION & HEALTH



FOOD PROVENANCE
Food production, processing and the environment.

FOOD SAFETY



Food spoilage & contamination, principles of food safety



NEA2 MOCK TASK

Research, menu planning, timing plans, 3-hour cook, nutritional analysis

NEA1 MOCK TASK

FOOD SCIENCE

Investigating the chemical & functional properties of food



11

MOCK EXAMINATION

NEA1 ASSESSMENT

KS4 – GCSE Food Preparation and Nutrition

Toad in the Hole



BRITISH & INTERNATIONAL CUISINE



Curry



Pasta



Gourmet Burger Practical

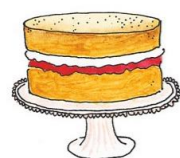
CONSUMER AWARENESS

Buying food, labelling, food waste

MINERALS

VITAMINS

HEALTH & SAFETY



Victoria Sponge Practical



Factors affecting food choice including culture, social, medical, economic



Food hygiene, kitchen safety.



9



Quiche

PROTEIN

FATS

ADAPTING RECIPES

Macaroni Cheese



Pizza Practical



KS3 – National Curriculum Food Preparation & Nutrition

CARBOHYDRATES

HEALTHY EATING GUIDE

HEALTH & SAFETY



Bolognese practical

Each grilled burger (94g) contains				
Energy	Fat	Sugars	Salt	
924kJ	13g	5.9g	0.8g	
220kcal	19%	30%	<1%	12%
of an adult's reference intake				
Typical values (as sold) per 100g: Energy 966kJ / 230kcal				

Healthy eating guidelines



Preventing food poisoning, using high-risk ingredients Safely, and the 4C's

8

Apple Crumble Practical

ENERGY BALANCE

THE EATWELL GUIDE

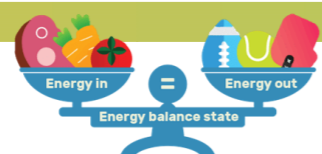
ENZYMES

EVALUATING



Vegetable couscous practical

FOOD MILES



Fruity flapjacks practical



Cheesy scones practical



FRUIT & VEGETABLES

HEALTH & SAFETY



Fruit Fusion Practical



Healthy eating guidelines



Personal hygiene, knife safety and cooker safety

7