

	Food Science and Nutrition Unit (Theory)	Food Preparation Unit (Practical)
Year 7	<ul style="list-style-type: none"> • Food Hygiene and Safety • Macronutrients – Carbohydrates • Macro nutrients continued - Fats and Protein • Micro nutrients - vitamins and minerals • Why we eat food: Balanced Diet and Eatwell Guide • Diet through life - Birth to Primary School • Dietary Investigation Task - School Lunches • Where does our food come from? • Food Commodity Investigation - Fish 	<ul style="list-style-type: none"> • Couscous Salad • Tomato Pasta • Macaroni Cheese • Fruit Crumble • Flapjack • Cupcakes • Cheese and Tomato Scones
Year 8	<ul style="list-style-type: none"> • Food Hygiene and Safety • Macronutrients – Carbohydrates • Macro nutrients continued - Fats and Protein • Micro nutrients - vitamins and minerals • Why we eat food: Balanced Diet and Eatwell Guide • Consumer Choice • Vegetarianism • Food Commodity Investigation - Milk and Cheese 	<ul style="list-style-type: none"> • Sweet Chilli Stirfry • Chickpea Curry • Fajitas • Mini Carrot Cakes • Lemon Cheesecake • Chipotle Pasta Bake • Pizza Calzone
Year 9	<ul style="list-style-type: none"> • Food Hygiene and Safety • Macronutrients - Carbohydrates, Protein, Fats • Micro nutrients - vitamins and minerals • Why we eat food (basics) - Balanced Diet - Eatwell Guide • Dietary Investigation Task – Food Allergy and Intolerance • Scientific Investigation Task - Making Food Rise 	<ul style="list-style-type: none"> • Choc Chip Muffins • Focaccia Bread • Bean Burgers with Wedges • Cheese and Bean Pasties (Shortcrust Pastry) • Spaghetti Bolognese • Lasagne