



Food Choice

Develop understanding of how people decide on what to buy and eat; a complex set of factors varying from person to person, depending on culture, heritage, up-bringing and dietary needs.

Key Learning Questions

- What are the factors that affect food choice?
- What are protein and dairy alternatives?
- What are allergies and intolerances?
- What are religious and cultural food choices?
- What are food labelling requirements?

Key
Stage
4

Food Science

Through practical and theory work, develop your understanding of the function and chemical properties of ingredients, discovering why ingredients work in different ways and react with others.

Key Learning Questions

- How can menus be adapted to meet dietary needs?
- What are functional and chemical properties of ingredients?
- What is coagulation and shortening?
- What is the science between bread making?
- What is dextrinization and caramelisation?
- What are raising agents?



Nutrients

Develop your understanding of nutrition; it is important that you are aware of the foods which provide particular nutrients, supporting your choices of ingredients in your practical work.

Key Learning Questions

- What is the eat well guide?
- What are macronutrients?
- What is dietary fibre?
- What is energy?
- How do dietary needs differ throughout life?



Year
9

Key
Stage
2

Food Safety

Before completing food practical's you will gain understanding of risks involved in the environment you are working in. This will enable you to develop skills safely and understand industrial practices.

Key Learning Questions

- Why is it important to follow health and safety rules within a food environment?
- How can a mixture of equipment be used within the food room to avoid cross contamination and create a high skill dish?
- Why is it important to follow food safety rules and regulations?
- Why is it important to store food correctly?



For additional help and support try visiting:
[BBC Bitesize](#) or speak to your Food teacher.

See your future in Food...



The iconic Indian Balti dish was first served in a restaurant in Stoney Lane in the Sparkbrook district of Birmingham in 1977.



RSHE



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Careers



Assessment