

Year group	Topics covered	Dishes made (these may vary according to seasonality, expense and food trends)
Year 7	<p>Introduction to Food and Nutrition.</p> <p>Basic practical skills, use of equipment and ovens.</p> <p>Eatwell Guide and nutrition of each section.</p> <p>Understanding food packaging.</p>	<p>Healthy fruit crumble</p> <p>Savoury scones</p> <p>Quick cheese pizza</p> <p>Cream cheese and tuna pasta</p> <p>Chicken goujons</p>
Year 8	<p>Re-cap of topics covered in year 7.</p> <p>Macro and micro nutrients.</p> <p>Food science, theory and practical.</p> <p>Denaturing, coagulation, raising agents, maillard browning, dextrinisation, acid denature.</p> <p>Food safety and food poisoning.</p>	<p>Frittata</p> <p>Pineapple upside down pudding</p> <p>Mac 'n' cheese</p> <p>Family pizza</p> <p>Lemon crunch dessert</p> <p>Chinese Chicken</p>
Year 9	<p>Pastry making skills</p> <p>Amino acids</p> <p>Cooking with protein</p> <p>Cooking on a budget</p> <p>Recipe design and development</p> <p>Nutritional analysis</p> <p>Diet through life stages</p> <p>Energy balance</p>	<p>Rough puff pastry</p> <p>Sausage rolls</p> <p>Pic 'n' mix savoury mince</p> <p>Budget, nutritional meals</p> <p>Seasonal dish</p> <p>Risotto</p> <p>Pasta Fiorentina</p> <p>Basil and Tomato Tart</p>