Year 7

Fruit salad
- Enzymic browning

Goujons
- Protein theory
- Using a temperature probe

Fajitas
- Eatwell guide

Carrot cakes
- Accurate weighing
- Function of ingredients

Developmental dish
- Show your skills

Quesadillas
- Dextrinization
- Oven safety

Potato salad
- Seasonal food
- Boiling on the hob

Apple crumble
- Rubbing in

Pasta bake
- Control the temp of two hobs
- Milk and dairy

Year 8

Development dish
- International cuisine

Pizza
- Diet analysis
- Recipe modification
- Yeast

Bolognese / chilli
- Healthy eating guidelines

Shortcrust pastry
- Gluten formation
- Setting mixtures

Fruity cakes
- Function of ingredients
- Costing

Stir fry
- Health and safety
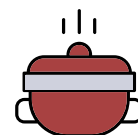- 4 Cs
- Marinating

Year 9

Risotto
- Rice safety

Cottage pie
- Protein
- Vegetarianism

Yorkshire puddings
- Raising agents
- Methods of heat transfer

Swiss roll
- Mechanical aeration

Developmental dish
- Diet-related health issues

Brownies
- Melting method
- Costing
- Nutritional analysis

Meatballs and ragu
- Diet through life stages
- Lasagne
- Roux sauce
- Gelatinisation

Lemon flan
- Protein denaturation
- Rough puff pastry
- Raising agent

Enriched bread
- Biological raising agents

NEA MOCK
- 3 dishes in 3 hours
- Choux pastry

Food science
- Fats investigation

Macronutrients
- Fishcakes (HBV and LBV protein

Year 10

Food provenance
- Traditional British Bake Off

Food choice
- Arancini

Nutrition and health
- High-fibre / low-sugar cake

Food spoilage
- Sushi
- Knife skills

Year 11

Food investigation NEA1
- Research
- Hypothesis
- 3 practical investigations
- Record and present results
- Analysis and evaluation

Food preparation NEA2
- Research the task
- Summarise research
- Make 4 dishes, evaluate, plan and justify final choices
- Make 3 choices
- Evaluate

Practical Exam
- Prepare, cook and present three dishes within 3 hours

Routes to Remarkable

FOOD