

Food & Nutrition Year 7



Lesson 1: Health & Safety	Lesson 10: Chicken Goujons (Practical)
Lesson 2: Fruit Salad (Practical)	Lesson 11: Product Analysis
Lesson 3: Healthy Eating	Lesson 12: Savoury Muffins (Practical)
Lesson 4: Vegetable Soup (Practical)	Lesson 13: Food Choice
Lesson 5: Starchy Carbohydrates	Lesson 14: Stir fry (Practical)
Lesson 6: Apple Crumble (Practical)	Lesson 15: Vegetable Curry (Practical)
Lesson 7: Dairy	Lesson 16: Lamb Koftas (Practical)
Lesson 8: Pizza Wraps (Practical)	Lesson 17: Meals for mates (Practical)
Lesson 9: Protein	Lesson 18: Review

Food & Nutrition Year 8



Lesson 1: Eatwell Guide	Lesson 10: Food Choice
Lesson 2: Savoury Rice (Practical)	Lesson 11: Chilli con Caren (Practical)
Lesson 3: Energy	Lesson 12: Rogan Josh (Practical)
Lesson 4: Carrot cake (Practical)	Lesson 13: Bread Making ?
Lesson 5: Protein	Lesson 14: Pizzas (Practical)
Lesson 6: Frittata (Practical)	Lesson 15: Food Provenance
Lesson 7: Fruit Scones (Practical)	Lesson 16: Turkey Burgers (Practical)
Lesson 8: Micro-nutrients	Lesson 17: Chicken Fajitas (Practical)
Lesson 9: Pasta Bake (Practical)	Lesson 18: Review

Food & Nutrition Year 9



Lesson 1: Eatwell Guide	Lesson 10: Savoury Tart (Practical)
Lesson 2: Mushroom Risotto (Practical)	Lesson 11: Dutch Apple cake (Practical)
Lesson 3: Energy Balance	Lesson 12: Lasagne (Practical)
Lesson 4: Pasta Fiorentina (Practical)	Lesson 13: Food Festival
Lesson 5: Dietary Needs	Lesson 14: Dish of choice (Practical)
Lesson 6: Cottage Pie	Lesson 15: Food Choice
Lesson 7: Food Availability	Lesson 16: Thai Green Curry (Practical)
Lesson 8: Samosas (Practical)	Lesson 17: Dish of Choice (Practical)
Lesson 9: Food Functions	Lesson 18: Review