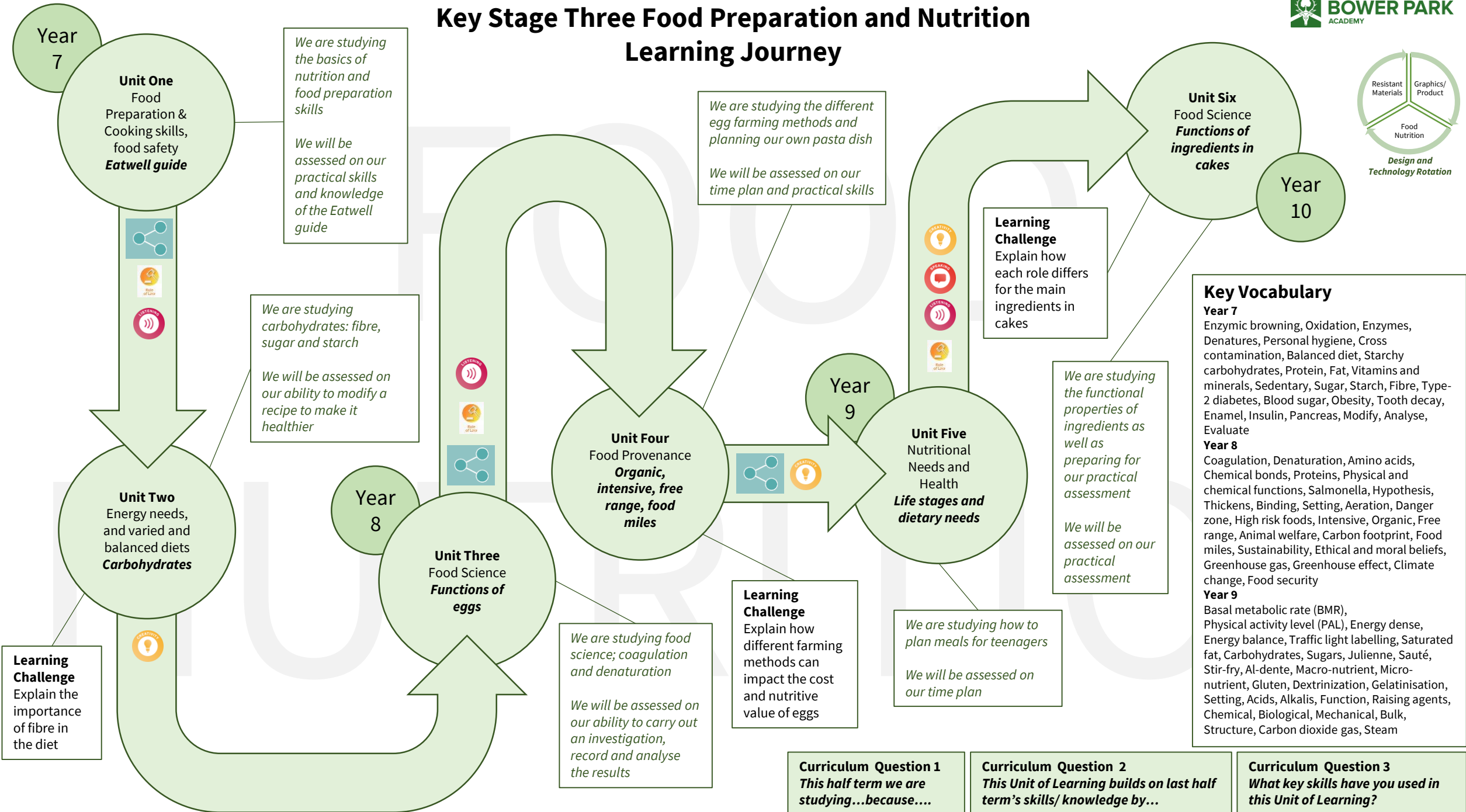


# Key Stage Three Food Preparation and Nutrition Learning Journey



**Key Vocabulary**

**Year 7**  
Enzymic browning, Oxidation, Enzymes, Denatures, Personal hygiene, Cross contamination, Balanced diet, Starchy carbohydrates, Protein, Fat, Vitamins and minerals, Sedentary, Sugar, Starch, Fibre, Type-2 diabetes, Blood sugar, Obesity, Tooth decay, Enamel, Insulin, Pancreas, Modify, Analyse, Evaluate

**Year 8**  
Coagulation, Denaturation, Amino acids, Chemical bonds, Proteins, Physical and chemical functions, Salmonella, Hypothesis, Thicken, Binding, Setting, Aeration, Danger zone, High risk foods, Intensive, Organic, Free range, Animal welfare, Carbon footprint, Food miles, Sustainability, Ethical and moral beliefs, Greenhouse gas, Greenhouse effect, Climate change, Food security

**Year 9**  
Basal metabolic rate (BMR), Physical activity level (PAL), Energy dense, Energy balance, Traffic light labelling, Saturated fat, Carbohydrates, Sugars, Julienne, Sauté, Stir-fry, Al-dente, Macro-nutrient, Micro-nutrient, Gluten, Dextrinization, Gelatinisation, Setting, Acids, Alkalis, Function, Raising agents, Chemical, Biological, Mechanical, Bulk, Structure, Carbon dioxide gas, Steam

**Learning Challenge**  
Explain the importance of fibre in the diet

**Learning Challenge**  
Explain how different farming methods can impact the cost and nutritive value of eggs

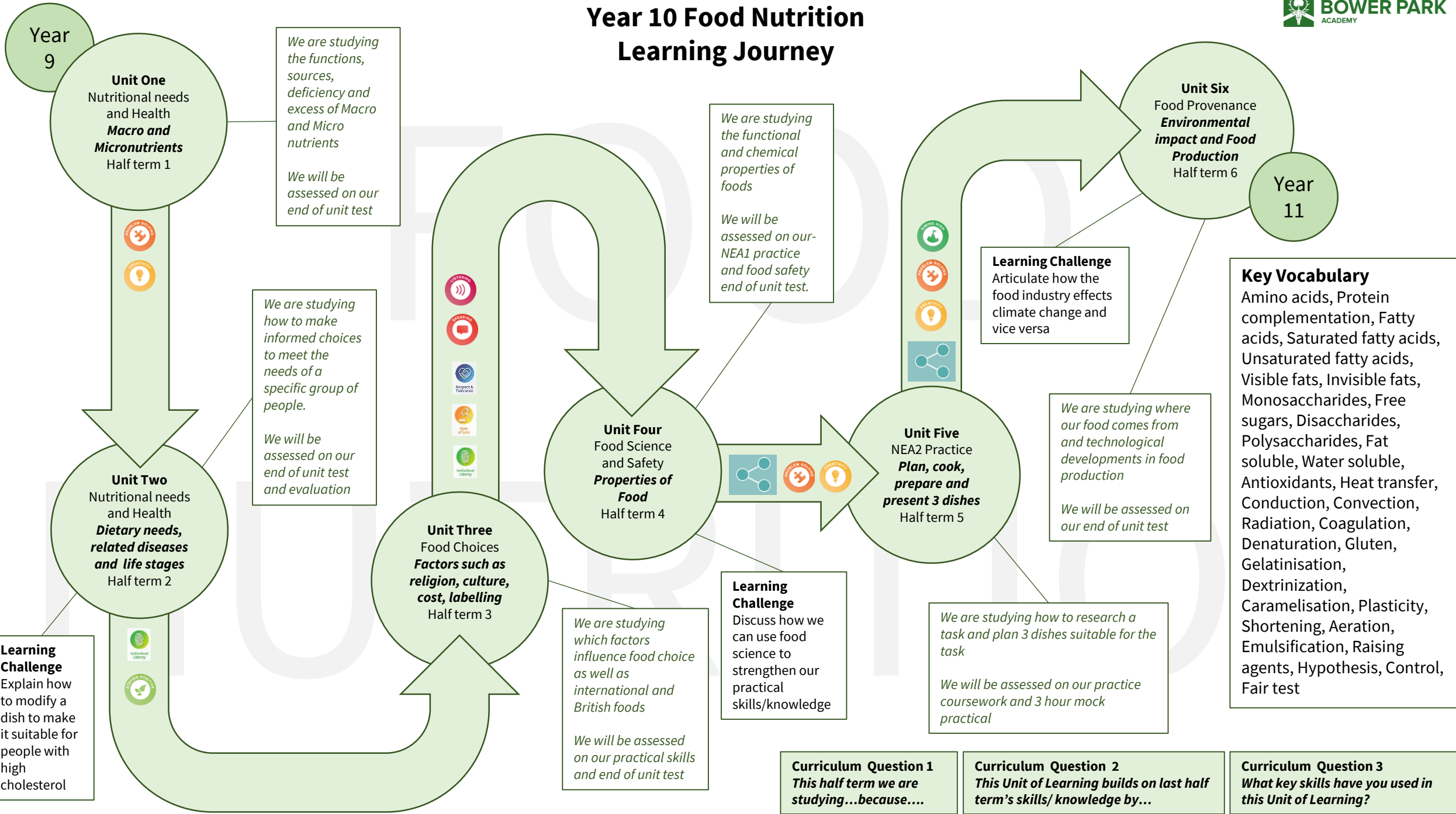
**Learning Challenge**  
Explain how each role differs for the main ingredients in cakes

**Curriculum Question 1**  
This half term we are studying...because....

**Curriculum Question 2**  
This Unit of Learning builds on last half term's skills/ knowledge by...

**Curriculum Question 3**  
What key skills have you used in this Unit of Learning?

# Year 10 Food Nutrition Learning Journey



# Year 11 Food Nutrition Learning Journey

