



Food - KS3

Provide learners with experience of using different cooking skills and methods to enable them to use these within further education or apprenticeships. It will give them a basic understanding of the skills required for a career in food.

Rotation/ weekly lessons will run for a 10 week period apart from the last rotation which will run for a 9 week period.

Year 7

Week 1-3

- Introduction to the kitchen Safety in the kitchen
- Pathogens
- Virus and Bacteria
- Microorganisms used in food production
- Making yoghurt and cheese
- Conditions and control of bacterial growth
- Knife skills
- Eatwell Plate
- cooking skills - boiling
- **Practical - Pasta salad**

Week 4-6

- Eat well guide Recap
- Preventing cross contamination and food poisoning
- The 4Cs
- Knife skills
- measuring skills
- Role of energy in the body
- Sensory Analysis
- Factors influencing food
- cooking skills
- baking
- combining
- Robbing in method
- Allergen
- Labelling
- **Practical: Apple crumble and Flapjacks**



Food - KS3

Week 7-10

- Food digestive
- Dietary Fibre and water
- Diet and physical activity
- Diet and Health
- Food Deficiencies
- Food Provenance
- Career in Food
- **Practical:** pizza -bread

In Food and Nutrition, the curriculum will make a profound, positive impact on the outcomes of every child. Key Stage 3 students will be able to clearly engage with the different topics taught and correctly read and follow recipes to produce good outcomes at food. Students are also encouraged to carry out cooking exercises at home and share step by step process (photographs) with the teacher. Students learn about hygiene, health & safety in the kitchen and the benefits of the main nutrition in the human body



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Year 8

Week 1-4

- **Recap**
- Rules and Expectations
- Hygiene and Safety Rules
- Review my learning in Food & Nutrition
- Eatwell plate
- Energy Needs
- British food
- **Practical: Pasta salad. sweet scones**

Week 4-7

- Traditional British Menu
- Multicultural Britain
- Staple Foods
- Micro and Macro nutrients
- Timeplan
- Sensory Analysis
- **Practical: couscous - blueberry muffin**

Week 8-10

- A Balanced Diet
- Carbohydrates
- Dietary disorders
- Protein
- Protein: Vegans and Vegetarians
- Fats and Oils
- Vitamins and Minerals
- Fibre
- Opportunities for future courses and career options
- **Practical - shortcrust pastry- Quiche**



Food - KS3

Growth of skills and understanding of food preparation and nutrition, students will develop a more confident and positive attitude to food. Students will build on knowledge on what influences food choice and how to make informed decisions when buying, cooking and eating food. Students will gain some understanding on multicultural foods and how its impact on food evolution. Students are encouraged to transfer t what is being learned in the classroom to home by using recipes given, follow a step by step process of cooking and photograph the sequence with the teacher.

Rotation/ weekly lessons will run for a 10 week period apart from the last rotation which will run for a 9 week period.

Year 9

Week 1-3

- **Recap - Eatwell Plate**
- Principles of food hygiene and safety
- Food, nutrition and health
- Micro and macro Nutrients
- Protein
- High Biological Value
- Low Biological Value
- Demonstrate knife skills, using the hob (frying, boiling and simmering), draining, portioning, forming and shaping, and using the oven (baking) when preparing and cooking.
- **Practical: Cheese, potato and onion pasties**

Week 4-6

- Characteristics of a range of ingredients
- Carbohydrate-simple and complex
- Fat- Saturated and Unsaturated Fats
- Hazard. Food contamination and spoilage
- Sensory Analysis- Evaluation of food
- Function of Ingredients
- Food Labelling and Packaging
- Time plan
- **Practical: marble cake- Mac & Cheese**

Week 7-10

- Dietary requirements for different key life stages



Food - KS3

- A Balanced Diet
- Carbohydrates
- Dietary disorders
- Protein
- Protein: Vegans and Vegetarians
- Fats and Oils
- Vitamins and Minerals
- Fibre
- Time plan
- Calculate the cost
- **Practical - carrot cake - Minestrone soup**

Good development of skills and understanding of food preparation and nutrition, students will develop a more confident and positive attitude to food. Students will build on knowledge of micro- macro nutrients and factors that influence food choices. Students will be able to make informed decisions when buying, cooking and eating food. Students will gain some understanding on food and health and how its impact on the human body. Students are encouraged to transfer what is being learned in the classroom to home by using recipes given, follow a step by step process of cooking and photograph the sequence with the teacher.