



KS3 Food & Nutrition Curriculum Overview



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	Autumn Term		Spring Term		Summer Term	
	Half Term One	Half Term Two	Half Term Three	Half Term Four	Half Term Five	Half Term Six
Year 7 In Food and Nutrition students will look at food safety, healthy eating and nutrition and how to plan balanced diets.	Food Hygiene <u>Knowledge</u> – Health and Safety in the kitchen, Personal & Food Hygiene <u>Skills</u> – Knife skills, preparation of fruit and vegetables, use of equipment, and accurately weighing and measuring ingredients.	The Principles of Nutrition <u>Knowledge</u> – The Eatwell Guide and Government healthy eating guidelines. The principles of nutrition – the functions and sources of nutrients. <u>Skills</u> - Preparation of fruit and vegetables, accurately weighing and measuring ingredients, preparation of ingredients, using raising agents, testing for readiness, use of water-based cooking methods using the hob and using the oven.			Planning Balanced Diets <u>Knowledge</u> – Special Diets including Vegetarianism, Allergies and Intolerances, Religious dietary customs. <u>Skills</u> – Knife skills, Preparation of fruit and vegetables, accurately weighing and measuring ingredients, testing for readiness and use of dry heat and fat-based cooking methods using the hob.	
Year 8 In Food and Nutrition students will look at the provenance of food.	Food Provenance <u>Knowledge</u> - Where food comes from, seasonality and food production, and food waste. <u>Skills</u> – Slicing raw meat and alternatives evenly and accurately, preparation of fruit and vegetables, prepare, combine and shape, accurately weighing and measuring ingredients, making a dough, shaping and finishing a dough, testing for readiness and use of oven-based cooking methods.			British & International Cuisine <u>Knowledge</u> - British & International cuisine. <u>Skills</u> – Slicing raw meat and alternatives evenly and accurately, preparation of fruit and vegetables, prepare, combine, and shape, accurately weighing and measuring ingredients, making a dough, shaping and finishing a dough, testing for readiness and use of oven-based cooking methods.		
Year 9 In Food and Nutrition students will look at the science of food and the importance of food safety in the Hospitality and Catering Industry	The Science of Food <u>Knowledge</u> – The Science of Food including methods of heat transfer, cooking methods, how cooking affects the nutritional value of dishes and factors that affect food choice. <u>Skills</u> - Accurately weighing and measuring ingredients, show how acids denature proteins, and use of water-based, oven based, dry heat and fat-based cooking methods.			The Hospitality & Catering Industry <u>Knowledge</u> – Food Safety in the Hospitality and Catering Industry. <u>Skills</u> – Preventing food-induced ill health, accurately weighing and measuring ingredients, slicing raw meat and alternatives evenly and accurately, preparation of fruit and vegetables, prepare, combine and shape, accurately weighing and measuring ingredients, making a dough, shaping and finishing a dough, testing for readiness and use of oven-based cooking methods		