

SUBJECT: Food and Nutrition

KS3 CURRICULUM PLAN 2021-22

KS1 and 2
Knowledge
and Key
skills

YEAR 7	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC	<i>Hygiene and safety</i>	<i>Hygiene and safety. Culinary skills</i>	<i>Heat Transfer</i>	<i>Eatwell Guide</i>	<i>Factors that effect food choices</i>	<i>Commodities</i>
Knowledge	Food hygiene and safety within the professional kitchen environment and hazards in the kitchen. Application of the principles of nutrition and healthy eating. Understanding the five main nutrients, functions and sources. Oven and knife safety. Washing up.	Kitchen equipment. Developing a wide range of cooking skills such as selecting and preparing ingredients and using utensils and equipment to make a range of predominantly savoury dishes.	Understanding of how to apply heat in different ways. Conduction, convection, radiation. Links with sensory analysis.	Understand and apply the principles of nutrition and health. 8 tips to Healthy Eating and the Eatwell Guide used to design and make a range of dishes.	Understanding the source, seasonality and characteristics of a wide range of ingredients. Researching into a variety of diets such as vegan, vegetarian and medical diets such a gluten free and sugar free.	Understanding of what commodities are. Why we use them and what foods are classed as commodities.
Skills	KNIFE SKILLS- claw and bridge technique, washing up. Use of specialist equipment such as the oven. Following a recipe. The 4 C's.	USING EQUIPMENT- Using the oven safely, weighing and measuring with kitchen scales and use of the jugs for liquids.	COOKING METHODS- Using a variety of equipment such as a microwave, grill, oven.	NUTRITION- Research skills, using the ovens and specialist equipment. Making recipes around the government recommendations.	FOOD CHOICE- Researching into a variety of factors affecting such as seasonality, cost of food, lifestyles, religion, culture, trends/celebrations, occasions. Cooking a host of recipes related to this topic.	FOOD COMMODITIES- Cooking with a wide range of commodities and producing predominantly savoury dishes.
Key Vocab	Claw & bridge technique, hazard, nutrients, macro and micronutrients, safety, rules.	Hob, grill, oven, simmer, boil, bake, fry, equipment-sieve, mixing bowl, grater, peeler, weighing, measuring, stewing, grating, cross contamination, chopping boards, bacteria.	Macro and micronutrient, Carbohydrate, protein, fat, vitamin, minerals	Hob, convection, raising agents, rubbing in method, cooking terms	Seasonality, cost of food, lifestyles, religion, culture, trends, celebrations, occasions.	Meat, Fish, Eggs, Poultry, Cereal, Fibre. Fruit and vegetables.
YEAR 8	SUMMER 2	SUMMER 1	SPRING 2	SPRING 1	AUTUMN 2	AUTUMN 1
TOPIC	<i>Multicultural foods</i>	<i>Cooking techniques and using utensils and equipment</i>	<i>Cooking techniques and using utensils and equipment</i>	<i>Food storage/Food poisoning</i>	<i>Nutrition and Culinary skills</i>	<i>Hygiene and safety</i>
Knowledge	Knowledge of foods from around the world through research and practical application and sensory analysis	Continuation of food hygiene and safety throughout each lesson. Introduction of new equipment such a frying pans, grills. Culinary skills progress onto more complex dishes.	Understanding nutrients, functions and sources. Understanding diets for different groups of people.	Knowledge of food poisoning and preventative methods. Cross contamination. Use of coloured chopping boards and food handling procedures.	Understand and apply the principles of nutrition and health. 8 tips to Healthy Eating and the Eatwell Guide used to design and make a range of dishes.	Food hygiene and safety within the professional kitchen environment and hazards in the kitchen. Application of the principles of nutrition and healthy eating. Understanding the five main nutrients, functions and sources. Oven and knife safety. Washing up.
Skills	RECIPES- Modifying and adapting recipes from countries from around the world. Researching. Cooking skills and techniques.	COOKING- Using utensils and equipment to make a range of predominantly savoury dishes whilst learning techniques new cooking techniques and methods.	COOKING- Using utensils and equipment to make a range of predominantly savoury dishes whilst learning techniques new cooking techniques and methods.	STORAGE- Using equipment to prevent bacteria growth. Working with high risk foods safely.	NUTRITION- Research skills, using the ovens and specialist equipment. Making recipes around the government recommendations.	KNIFE SKILLS- claw and bridge technique, washing up. Use of specialist equipment such as the oven. Following a recipe
Key Vocab	Culture, eating habits, religious beliefs, cuisine. International food, land marks, moodboard, food provenance, air miles, cultures	Boiling, shallow frying, baking, food processor, grilling, shaping.	Boiling, shallow frying, baking, food processor, grilling, shaping.	Food spoilage, bacteria, reproduce, high risk, temperature, storage, poisoning, high risk, binary fission, temperature probe, multiply. Cross contamination.	Macro and micronutrient, Carbohydrate, protein, fat, vitamin, minerals, sugars. Pastry making, shallow frying, grilling, shaping, bridge and claw grip.	Carbohydrates, vitamin, minerals, fat, protein, fibre, macro and micro nutrients, function, excess and deficiency. Accident prevention.
YEAR 9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC	<i>Hygiene and safety</i>	<i>Hygiene and safety. Equipment and culinary skills development</i>	<i>Food related illness</i>	<i>Foods from around the world</i>	<i>Food choice</i>	<i>Introduction in Hospitality and catering Job Roles</i>
Knowledge	Knowledge recap of Food hygiene and safety within the professional kitchen environment including hazards. Principles of nutrition and healthy eating. Understanding the five main nutrients, functions and sources. Oven and knife safety. The types of cutting techniques used to prepare dishes. Washing up.	Continuation of food hygiene and safety throughout each lesson. Introduction of new equipment such a frying pans, grills, electric whisks, food processors. Culinary skills progress onto more complex dishes.	Knowledge of food poisoning and preventative methods. Cross contamination. Use of coloured chopping boards and food handling procedures.	Knowledge of foods from around the world through research and practical application and sensory analysis	Allergies and intolerances, food labelling and packaging. Diet analysis.	Pupils will gain brief introduction into the Hospitality and Catering technical award. Focussing on the theory elements looking at job roles and types of service and presentation of plating dishes.
Skills	KNIFE SKILLS- claw and bridge technique, washing up. Use of specialist equipment such as the oven. Following a recipe	EQUIPMENT- Use of more complex equipment. COOKING- peeling, chopping, slicing, dicing, shaping and moulding, baking, frying, boiling.	STORAGE- Using equipment to prevent bacteria growth. Working with high risk foods safely.	RECIPES- Modifying and adapting recipes from countries from around the world. Researching. Cooking skills and techniques.	CHOICE- Research skills into the different factors relating to food choice. Cooking skills and techniques to produce meals based on the reasons that affect choice e.g. celebration/occasion/enjoyment.	PRESENTATION- of plating, portion control. Determining who is responsible for specific job roles in the kitchen.
Key Vocab	Bridge, claw, dice, julienne, choux, short-crust, sweet, savoury, recommendations, Function	Boiling, shallow frying, baking, food processor, grilling, shaping.	Food spoilage, bacteria, reproduce, high risk, temperature, storage, poisoning, high risk, binary fission, temperature probe, multiply. Cross contamination.	Culture, eating habits, religious beliefs, cuisine. International food, land marks, moodboard, food provenance, air miles, cultures	Diet, medical, ethical, religious, labelling, allergies, intolerances	Presentation, portion control, responsibilities, job roles,

Key Knowledge
Transfer