

## Key Stage 3 - FOOD

It is understood that students enter year 7 with varying experiences of food, some are responsible for feeding their family others have been waited on hand and foot and have little practical experience. Students are not set by food and are taught in their maths or English sets, with class sizes varying between 20 and 25. At year 7 students have two lessons of food per fortnight and in years 8 and 9 students access a one hour lesson once a fortnight. The focus as quoted in the National Curriculum is “Instilling a love of cooking in pupils which will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.”

### Why are the lessons sequenced in the way they are in your subject area?

The curriculum is devised so that the theoretical knowledge and the practical skills are delivered at the same time for example a brief introduction to health and safety will be reinforced through practical activity whilst at the same time learning how to use the hob and grill safely. The scheme builds on prior lessons whilst continually reintroducing new skills and revisiting learnt skills. Year 7 focuses on health and safety and an introduction to the healthy eating guidelines, developing into more detailed work on the principles of nutrition and individuals nutritional needs in year 9. The need to revisit and upcycle skills is always evident as dishes become more complex over the two years key stage 3. At key stage 4 the AQA Food Preparation and Nutrition specification is followed and practical skills are linked to the theory being studied.

Term	Year 7	Year 8	Year 9
Autumn	<p><b>Kitchen Hygiene and Safety</b> Correct procedures in the food room to ensure safe and hygienic food is prepared. Safe use of the hob, grill and oven.</p> <p><b>Healthy Eating</b> Basic principles of a balanced diet (Eatwell Guide). Healthy eating guidelines - eat less fat, sugar, salt, eat more fibre. How this can be achieved.</p> <p><b>Practical - Knife skills</b> focusing on safety, Fruit salad, Use of the Grill, Pasta Salad, Flapjacks.</p>	<p><b>Factors influencing food choice</b> Religion, vegetarianism, lacto/vegan</p> <p><b>Practical - Chilli con Carne, Curry, Pasta and Cheese Sauce, chicken nuggets, Christmas Practical - sauce making, vegetable and meat preparation, safe use of the hob, enrobing</b></p>	<p><b>Macronutrients</b> Protein - Function, sources, deficiency, excess</p> <p><b>Practical - Toad in the Hole (making a batter), Cauliflower Cheese (veg prep and sauce making), Enriched dough (bread making and shaping)</b></p>
Spring	<p><b>Food Poisoning and Temperature Control</b> What causes bacteria in food to reproduce? Correct storage and cooking temperatures.</p> <p><b>Practical - Scrambled Egg on Toast, Pizza (bread making), Sweet and Sour (knife skills), Bolognese Sauce (knife skills - sauce making),</b></p>	<p><b>Food Allergies</b> Food allergens, Lactose intolerance, coeliac disease</p> <p><b>Practical - Victoria Sandwich (creaming), Cheese Scones (rubbing-in), Chocolate Chip Cookies (creaming), Savoury Muffins (Melting)</b></p>	<p><b>Macronutrients</b> Fats - Function, sources, deficiency, excess</p> <p><b>Shortcrust Pastry (Jam Tarts, Sweet or Savoury Pie) (pastry making), Puff Pastry (Sausage Rolls/Eccles Cakes),</b></p>
Summer	<p><b>Food Provenance</b> Where does food come from? Seasonal Food, food miles, British foods, international foods</p>	<p><b>Environmental Factors in Food</b> Organic and intensive farming, Fairtrade</p>	<p><b>Macronutrients</b> Carbohydrates - Function, sources, deficiency, excess</p>

	<b>Practical - Small cakes (all in one creaming), Crumble (rubbing in), Jam Buns (rubbing in), Pineapple Upside Down Pudding (creaming), Carrot cake</b>	<b>Practical -Bread Rolls, Flavoured bread (bread making), Presentation techniques</b>	<b>Practical - Swiss Roll (whisking), Burgers and wedges, Fish fingers</b>
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