

## Key Stage 3 - FOOD

Term	Year 7	Year 8
<b>Autumn</b>	<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>Practical</b> - Scrambled Egg on Toast (hob and grill), Flapjack (melting, hob and oven), Small Cakes (all-in-one creaming, oven)</p>	<p><b>Healthy Eating</b> Healthy eating guidelines - eat less fat, sugar, salt, eat more fibre. How this can be achieved - Eatwell Guide</p> <p><b>Practical</b> - Chilli con Carne, Curry, Pasta and Cheese Sauce - sauce making, vegetable and meat preparation, safe use of the hob</p>
<b>Spring</b>	<p><b>Temperature Control</b> What causes bacteria in food to reproduce? Correct storage and cooking temperatures.</p> <p><b>Practical</b> - Pizza (bread making), Sweet and Sour (knife skills), Bolognese Sauce (knife skills - sauce making), Pasta Salad (knife skills)</p>	<p><b>Nutritional Needs of Specific Groups</b> Planning for specific dietary needs including coeliac, lactose intolerant, low sugar, high fibre and vegetarians</p> <p><b>Practical</b> - Victoria Sandwich (creaming), Brownies (melting), Scones (rubbing-in), Cookies (creaming)</p>
<b>Summer</b>	<p><b>Food Poisoning</b> Common types of food poisoning bacteria, food sources and symptoms</p> <p><b>Practical</b> - Crumble (rubbing in), Jam Buns (rubbing in), Pineapple Upside Down Pudding (creaming)</p>	<p><b>Nutrition</b> Introduction to nutrition covering function and sources of the three macronutrients (fat, protein and carbohydrates) and micronutrients (Vitamin A, B, C and D, minerals calcium and iron)</p> <p><b>Practical</b> - Shortcrust Pastry (Jam Tarts, Sweet or Savoury Pie) (pastry making), Bread Rolls, Chelsea Buns (bread making)</p>