



## KS3 Food and Nutrition – Curriculum Overview

	AUTUMN TERM	SPRING TERM	SUMMER TERM
Food and Nutrition	<u>Theory</u> <u>Healthy Eating</u>	<u>Theory</u> <u>Heat Transfer</u>	<u>Theory</u> <u>Science of flavour</u>
Year 7	<p>Exploring healthy eating with regards to the Eatwell guide. Looking at and understanding the role of water and fibre in the diet.</p> <p>Discover the effects of a poor diet through excess or deficiency.</p> <p style="text-align: center;"><u>Practical</u></p> <ul style="list-style-type: none"> <li>• Fruit cheesecake</li> <li>• Vegetable curry</li> <li>• Pizza Scones</li> </ul> <p style="text-align: center;"><u>Key Assessment Tasks</u></p> <p>Assessment of food hygiene, engagement with aspects of food preparation and knowledge of healthy eating habits.</p> <ul style="list-style-type: none"> <li>• Below 30% - Emergent</li> <li>• 35-45% - Satisfactory</li> <li>• 50%- Excellent</li> </ul>	<p>Looking at principles of conduction, convection and radiation and how they play an important part in food preparation. Look into all the reasons why food is cooked and what methods we use for our favourite dishes.</p> <p style="text-align: center;"><u>Practical</u></p> <ul style="list-style-type: none"> <li>• Banana muffins</li> <li>• Chilli</li> </ul> <p style="text-align: center;"><u>Key Assessment tasks</u></p> <p>Assessment of food hygiene, engagement with aspects of food preparation and knowledge of why food is cooked and the different cooking methods.</p> <ul style="list-style-type: none"> <li>• 50% - Emergent</li> <li>• 55-65%- Satisfactory</li> <li>• 70% - Excellent</li> </ul>	<p>Discovering how all five senses play a part in how we experience food. Experiment with different flavours to observe and record how different areas of the tongue detect each flavour. How to conduct a sensory evaluation</p> <p style="text-align: center;"><u>Practical</u></p> <ul style="list-style-type: none"> <li>• Sandwich cake</li> <li>• Fishcakes</li> <li>• Cinnamon buns</li> </ul> <p style="text-align: center;"><u>Key Assessment tasks</u></p> <p>Assessment of food hygiene, engagement with aspects of food preparation and knowledge of different flavour combinations.</p> <ul style="list-style-type: none"> <li>• 70- 75%- Satisfactory</li> <li>• 80- 90% - Secure</li> <li>• 95-100%- Exemplary</li> </ul>

Year 8	<p style="text-align: center;"><b><u>Theory</u></b> <b><u>Cultural cuisine</u></b></p> <p>Looking at the cuisine of British, Caribbean and South Asian cuisine. What are the similarities and differences. How have these recipes developed?</p> <p style="text-align: center;"><b><u>Practical</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>BRITISH:</u></b> Sausage rolls</li> <li>• <b><u>CARIBBEAN:</u></b> Ginger/Coconut cake</li> <li>• <b><u>ASIA:</u></b> Vegetable curry</li> </ul> <p style="text-align: center;"><b><u>Key Assessment Tasks</u></b></p> <p>Assessment of food hygiene, engagement with aspects of food preparation and knowledge of the characteristics of different cuisine from around the world.</p> <ul style="list-style-type: none"> <li>• Below 30% - Emergent</li> <li>• 35-45% - Satisfactory</li> <li>• 50%- Excellent</li> </ul>	<p style="text-align: center;"><b><u>Theory</u></b> <b><u>Bacterial contamination</u></b></p> <p>Understand how correct hygiene protocols keep us safe. Research different bacteria, how they grow and what the effects are. Work with high risk food.</p> <p style="text-align: center;"><b><u>Practical</u></b></p> <ul style="list-style-type: none"> <li>• Make butter and bread rolls</li> <li>• Shakshuka/Egg alternative</li> </ul> <p style="text-align: center;"><b><u>Key Assessment Tasks</u></b></p> <p>Assessment of food hygiene, engagement with aspects of food preparation and knowledge of the conditions in which bacteria need to multiply. Must be able to explain the symptoms of food poisoning and suggest ways to keep self and others safe from bacterial contamination.</p> <ul style="list-style-type: none"> <li>• 50% - Emergent</li> <li>• 55-65%- Satisfactory</li> <li>• 70% - Excellent</li> </ul>	<p style="text-align: center;"><b><u>Theory</u></b> <b><u>Sustainability</u></b></p> <p>Learn about food provenance and the difference between free range and intensive farming. Understand the meaning of global food security.</p> <p style="text-align: center;"><b><u>Practical</u></b></p> <ul style="list-style-type: none"> <li>• Plant based cuisine</li> <li>• Seasonal</li> <li>• Beans and lentil brownies</li> </ul> <p style="text-align: center;"><b><u>Key Assessment tasks</u></b></p> <p>Assessment of food hygiene, engagement with aspects of food preparation and knowledge of the advantages and disadvantages of intensive farming and free-range farming. Be familiar with the factors that affect global food security.</p> <ul style="list-style-type: none"> <li>• 70- 75%- Satisfactory</li> <li>• 80- 90% - Secure</li> <li>• 95-100%- Exemplary</li> </ul>
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