



Curriculum Overview

Curriculum Area: Food & Nutrition

KS3

Year 7 Curriculum: Food and Nutrition

Pupils will:

- learn about how to stay safe in a busy practical kitchen environment and will demonstrate awareness and understand of potential hazards and how to reduce risks.
- begin to learn how to use basic kitchen equipment such as a vegetable knife and will learn the basic holds to remain safe when cooking as well as the main equipment used to prepare and cook food such as the hobs, oven, and grill.
- learn the definition of a healthy balanced diet and will learn about the Eatwell Guide and its purpose.
- learn and develop knowledge on food hygiene when preparing, cooking, and serving food including personal hygiene and developing knowledge on the 4 C's (cleaning, cooking, cross contamination, and chilling) to ensure the food they make is safe to eat.
- learn what macro nutrients are, be able to name a food we obtain each from and understand their use in the body.
- Consider the nutritional needs of different life stages
- plan a meal based on a specific requirement.
- look at the production of milk and other dairy products, their benefits and how they can fit into a healthy, balanced diet

This will all be underpinned by pupils learning and developing a range of skills and techniques to successfully a range of dishes.

Assessment Opportunities

Core knowledge of this unit will be regularly tested and revisited during this unit with a knowledge quiz completed at the end. Pupils will plan and cook a recipe suitable for a specific need.

Year 8 Curriculum: Food and Nutrition

Pupils will:

- Revisit key kitchen safety and food hygiene. They will further their understanding by looking at bacteria, how it is spread and ways that we can control the growth – the 4 C's, FAT TOM & key temperatures.
- demonstrate how to hold a knife safely using the bridge hold & claw grip, as well as challenge themselves by demonstrating different cuts of vegetables
- learn the science behind breadmaking including the role of yeast, gluten, kneading and proving in a recipe.
- learn the science of gelatinisation and how that thickens a starch-based sauce.
- learn about macro and micronutrients and look at the impact of an excess/deficiency of these in our diet.
- learn what a special dietary need is, looking at how recipes can be adapted to suit the needs of individuals.
- learn about different religious beliefs surrounding food.

This will all be underpinned by pupils learning and developing a range of skills and techniques to successfully a range of dishes.

Assessment Opportunities

Core knowledge of this unit will be regularly tested and revisited during this unit with a knowledge quiz completed at the end. Pupils will plan and cook a recipe suitable for a specific need. (Special dietary need). A photo of the dish should also be included.

Year 9 Curriculum: Food and Nutrition

Pupils will:

- and learn some of the science behind different cake making methods
- learn about the main ingredients used in pastry and develop knowledge on different varieties of pastry and their use in dishes.
- revisit macronutrients, recalling knowledge initially from Year 7 and 8 and then building upon it by learning more in depth about the primary functions of each nutrient in the body and food sources for each.
- learn about fibre, which food we obtain it from and its importance (both soluble and insoluble) in our diet.
- deepen knowledge on energy balance and the impacts of an unbalanced diet on health.
- learn what the term 'food provenance' means with particular focus on seasonal foods and food miles and understanding the term carbon footprint with food production. We will consider how all these factors affect wider food choices and look at realistic ways we can reduce our own carbon footprint when shopping, preparing and cooking food.
- focus on the following commodities for their final topic; meat, poultry, fish and dairy, understand how these animals are reared and farmed,

This will all be underpinned by pupils learning and developing a range of skills and techniques to successfully a range of dishes.

Assessment Opportunities

Core knowledge of this unit will be regularly tested and revisited during this unit with a knowledge quiz completed at the end.

Links to National Curriculum:

Pupils should be taught to:

- understand and apply the principles of nutrition and health.
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes].
- understand the source, seasonality and characteristics of a broad range of ingredients.

Cultural Capital Opportunities:

- Developing a wide range of practical skills, giving pupils the opportunity to experience foods/dishes/recipes that they may not have had before.