



Our Curriculum Aims:

Food and Nutrition will enhance pupils knowledge and understanding of what constitutes a healthy balanced diet and good nutrition. This includes the Eat well guide, energy balance and the role of nutrients in a balanced diet. We aim for the pupils to understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health

Pupils will develop a range of different practical skills and make a repertoire of predominantly savoury products which meet current guidelines for healthy eating. Pupils will understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes

Food hygiene and safety is taught as an integral part of every lesson when preparing, cooking and serving food.

Understand seasonality and food environmental factors.

Develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks.

understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices

Key Stage Three Curriculum Overview

Year 7 Pupils will follow a rotation where they will study the following topics alongside Product Design for approximately 1/3 of the year which covers HT 1 and 2, HT 3 and 4 and HT 5 and 6 respectively

	Name of topic	Key Content of the Topic	Assessment points
HT 1	Introduction Healthy eating Key skills	Healthy eating Eatwell guide 8 Healthy eating guidelines Using the Gril Using the hob Heat transfer	
HT 2	Food safety Food science Function of ingredients	Hygiene and safety Food safety Fruits (seasonal foods, enzymic browning) Cake making (all-in-one, rubbing in) Using the oven Raising agents Enrobing, Fish Emulsification, Mayonnaise Layered desserts	End of unit test Practical assessment FEDS
HT 3		As above depending on the rotation.	
HT 4			
HT 5		As above depending on the rotation.	
HT 6			

Year 8

	Name of topic	Key Content of the Topic	Assessment points
HT 1	Introduction Energy Macronutrients Micronutrients	Knife skills Protein Coagulation Marinating Fats Fibre Vitamins and Minerals Sensory analysis	Research task
HT 2	Food science Pasta Project	Carbohydrates All in one sauce making - Gelatinization Energy and energy balance Pastry = shortening. Forming and shaping	End of unit test Practical assessment FEDS
HT 3		As above depending on the rotation.	
HT 4			
HT 5		As above depending on the rotation.	
HT 6			

Year 9

	Name of topic	Key Content of the Topic	Assessment points
HT 1	Introduction Food and the environment	Vegetable curry Environmental aspects of Food Cottage/Shepards pie – piping mash potato Nutritional analysis of cottage pie Bread making theory and practical	Practical assessment Nutritional analysis of cottage pie
HT 2	Function of ingredients Traditional Food Project	Fresh filled pasta making – ravioli and tortellini Traditional foods research Mineral research and justification Time plan Nutritional analysis Evaluation	Practical assessment Traditional Foods Assessment Project
HT 3		As above depending on the rotation.	
HT 4			
HT 5		As above depending on the rotation.	
HT 6			

What can parents do to support their sons?

Being able to cook healthy nutritious meals is an important life skill and we are pleased to be able to help your son with this. All our recipes can be found on the office 365 system, we could encourage pupils to practice recipes at home and play an active role with cooking at home. Pupils need to be organised in ensuring that they have the correct ingredients for their lessons. Pupils should bring a suitable apron and container for each practical lesson.

Years 7:

<https://www.nutrition.org.uk>

for information on healthy eating and researching independent learning tasks.

Years 8 and 9

<https://www.ifst.org/lovefoodlovescience> For food science times (gelatinization, emulsification, coagulation)

www.bbcgoodfood.com for recipe ideas when designing products.

www.deliciousmagazine.co.uk and www.bbc.co.uk/food for further research and idea generation

Food and Nutrition Key Stage 3 Curriculum

Year 7:

Assessed against FEDS

Healthy eating
Eatwell guide
Using the Grill
Hygiene and safety
Using the hob
Food safety
Fruits (seasonal foods, enzymic browning)
Using the hand blender
Cake making (all-in-one, rubbing in)
Using the oven
Raising agents
Enrobing
Layered desserts

Year 8 :

Assessed against FEDS

Energy and energy balance
Knife skills
Protein
Coagulation
 Marinating
 Fats
 Emulsification
 Carbohydrates
 All in one sauce making - Gelatinization
Fibre
Vitamins and Minerals

Year 9 :

Assessed against 1-9 GCSE Criteria

Stir Fry
Environmental aspects of Food
Potato topped pie
Bread making
Fresh pasta making
Traditional foods
Time plan
 Nutritional analysis
 Research