

# **KS3 Food Studies Curriculum Map**

**Year 7 September 2021**

**Skills descriptors**

**Food Skills**

**Food Safety**

**Food Choice**

**Food, Nutrition and Health**

| Year/Term                                  | Lesson | CORE KNOWLEDGE  | KEY SKILLS  |
|--|--------|---|---|
| 7 Autumn 1<br><br>(1 lesson per fortnight) | 1      | <p>To explain the layout of the food room.</p> <p>To describe the expectations for working in the food room.</p> <p>To explain and apply health and safety practices used.</p> <p>To Identify practical dates and note in planners.</p> <p>To compare and evaluate existing products. Looking at layered salad dishes- what are the key success criteria?</p> | <p><b>Food Safety</b></p> <p><b>Food Skills</b></p> <p><b>Food Choice</b></p> |
| <b>Assessment 1</b>                        | 2      | <p><b>PRACTICAL-</b> To prepare a <b>LAYERED SALAD DISH</b> in a jar.</p> <p>To demonstrate the safe use of sharp knives.</p> <p>To demonstrate the 'bridge' hold and the 'claw' grip.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>  | <p><b>Food Skills</b></p> <p><b>Food Safety</b></p>                           |
|  | 3      | <p>To complete a self assessment of the layered salad in a jar.</p> <p>To recognise, name and locate the tools and equipment in the food room.</p> <p>To explain where fruit and vegetables come from and how seasonality affects price and availability.</p> <p>To participate in an exercise on weighing and measuring.</p>                                 | <p><b>Food Nutrition and Health</b></p> <p><b>Food Choice</b></p>             |
|  | 4      | <p><b>PRACTICAL-</b>To prepare and cook <b>FRUIT CRUMBLE</b> that contains 2 of your 5 a day.</p> <p>To demonstrate the safe use of the oven and sharp knives.</p> <p>To demonstrate the 'rubbing-in' technique.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>  | <p><b>Food Skills</b></p> <p><b>Food Safety</b></p>                           |

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| <p>7 Autumn 2<br/><br/>(1 lesson per fortnight)</p> | <p>5</p> | <p>To complete a peer assessment of the Fruit Crumble.<br/>         To describe the principles of The Eatwell Guide and relate this to their own diet.<br/>         To name the main nutrients provided by The Eatwell Guide food groups.<br/>         To explain and apply the 8 tips for healthy eating, the 5 A Day message and portion size.<br/>         To discuss practical ideas for the 1 star chef award.</p> | <p>Food Nutrition and Health<br/>Food Choice</p> |
|   | <p>6</p> | <p><b>PRACTICAL</b>-To prepare and cook a RICE or PASTA SALAD that contains 3 of your 5 a day.<br/>         To demonstrate the safe use of sharp knives and the hob.<br/>         To demonstrate the 'bridge' hold and the 'claw' grip.<br/>         To explain the difference between 'boiling' and 'simmering'<br/>         To apply the principles of food safety and hygiene when cooking.</p>                      | <p>Food Skills<br/>Food Safety</p>               |
|   | <p>7</p> | <p><b>PRACTICAL</b>-To prepare and cook SAVOURY PINWHEELS that contain 2 of your 5 a day.<br/>         To demonstrate the safe use of the oven and sharp knives.<br/>         To demonstrate weighing and measuring and the 'rubbing-in' technique.<br/>         To measure liquids accurately.<br/>         To apply the principles of food safety and hygiene when cooking.</p>                                       | <p>Food Skills<br/>Food Safety</p>               |

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| <p>7 Spring 1</p> <p>(1 lesson per fortnight)</p> <p><b>Assessment 2</b></p> <p><b>Computer room needed for this lesson</b></p> | <p>8</p>  | <p><b>Assessment 2 – Food Safety, Food Hygiene and the Eatwell Guide</b></p> <p>DIRT - to review practical work so far - WWW, EBI.</p> <p>To explain where meat, fish, eggs and beans come from and their importance in the diet.</p> <p>To list the food choices available for vegetarians and explain how their dietary needs are met.</p> <p>To discuss practical ideas for the 2 star chef award.</p> | <p><b>Food Safety</b></p> <p><b>Food Nutrition and Health</b></p> <p><b>Food Choice</b></p> |
|   | <p>9</p>  | <p><b>PRACTICAL</b>-To prepare and cook <b>CHICKEN NUGGETS/FISH FINGERS</b></p> <p>To demonstrate the safe use of the oven and sharp knives.</p> <p>To explain the term ‘cross contamination’.</p> <p>To demonstrate fish/chicken preparation, shaping and coating.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>   | <p><b>Food Skills</b></p> <p><b>Food Safety</b></p>   |
|   | <p>10</p> | <p><b>PRACTICAL</b>-To prepare and cook a <b>BOLOGNESE OR CHILLI CON CARNE</b> sauce.</p> <p>To demonstrate the safe use of the hob and sharp knives.</p> <p>To measure liquids accurately.</p> <p>To demonstrate the ‘bridge’ hold and the ‘claw’ grip.</p> <p>To explain the difference between ‘boiling’ and ‘simmering’</p> <p>To apply the principles of food safety and hygiene when cooking.</p>   | <p><b>Food Skills</b></p> <p><b>Food Safety</b></p>   |

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| <p>7 Spring 2</p> <p>(1 lesson per fortnight)</p> | <p>11</p> | <p>To investigate sugar content in foods. What are ‘free sugars’? Provide food packaging examples to compare and make decisions on which ones have a lower sugar content.</p> <p>To identify what is needed on a food label. To compare a variety of pizza boxes to investigate nutritional information.</p>  | <p>Food Nutrition and Health<br/>Food Choice</p> |
|   | <p>12</p> | <p><b>PRACTICAL</b>-To prepare and cook a batch of <b>MINI CARROT CAKES</b>.<br/>To demonstrate the safe use of the oven and the food processor.<br/>To demonstrate the ‘creaming’ technique.<br/>To apply the principles of food safety and hygiene when cooking.</p>  | <p>Food Skills<br/>Food Safety</p>               |
|   | <p>13</p> | <p>To explain where milk and dairy food comes from and how consumer demand influences availability, e.g. lower fat dairy products. To compare and evaluate a range of dairy products using food labels and sensory evaluation. To perform a simple sensory analysis and sensory evaluation.</p> <p>To explain where cereals, potatoes, rice and other starchy foods come from and why they are important in the diet.</p> <p>To discuss energy balance.</p> | <p>Food Nutrition and Health<br/>Food Choice</p> |

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| <p>7 Summer 1<br/>(1 lesson per fortnight)</p>     | <p>14</p> | <p><b>PRACTICAL</b>-To prepare and cook a <b>BREAD BASED PIZZA</b>.<br/>To demonstrate the safe use of the oven and Food Mixer.<br/>To prepare a bread dough.<br/>To apply the principles of food safety and hygiene when cooking.</p>  | <p><b>Food Skills</b><br/><b>Food Safety</b></p>               |
| <p><b>Computer room needed for this lesson</b></p> | <p>15</p> | <p>To investigate and state some of the factors that affect food choice.<br/>To investigate ways in which food can be made appetising, including seasoning, flavouring, visual appearance, presentation.</p> <p>To investigate ways in which recipes can be adapted/modified.</p> <p>To plan their 5-A-Day and Skill Development practical lessons.</p> | <p><b>Food Nutrition and Health</b><br/><b>Food Choice</b></p> |
|  | <p>16</p> | <p><b>PRACTICAL</b>-To prepare and cook a <b>PRODUCT TO FIT 5-A-DAY</b>.<br/>To demonstrate the safe use of equipment.<br/>To explain how to adapt the product for different target groups.<br/>To apply the principles of food safety and hygiene when cooking.<br/>To evaluate a dish.</p>  | <p><b>Food Skills</b><br/><b>Food Safety</b></p>               |

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| <p>7 Summer 2<br/>(1 lesson per fortnight)</p> | <p>17</p> | <p><b>PRACTICAL</b>-To prepare and cook a <b>PRODUCT TO FIT 5-A-DAY</b>.<br/>         To demonstrate the safe use of equipment.<br/>         To explain how to adapt the product for different target groups.<br/>         To apply the principles of food safety and hygiene when cooking.<br/>         To evaluate a dish.</p> | <p><b>Food Skills</b><br/><b>Food Safety</b></p>   |
| <p><b>Assessment 3</b></p>                     | <p>18</p> | <p><b>PRACTICAL- SKILL DEVELOPMENT</b><br/>         To demonstrate the safe use of equipment.<br/>         To explain the skill(s) being demonstrated.<br/>         To apply the principles of food safety and hygiene when cooking.</p>   | <p><b>Food Skills</b><br/><b>Food Safety</b></p>   |
|  | <p>19</p> | <p>Review of the Year including an evaluation of their practical cooking experiences and preparation for Y8.</p>   | <p><b>Food Nutrition and Health</b><br/><b>Food Choice</b><br/><b>Food Skills</b><br/><b>Food Safety</b></p> |