



# KS3 Food Studies Curriculum Map

Year 7 September 2025

*(Recommendation to be 75% practical, currently have 63% practical)*

**Skills descriptors**

**Food Skills**

**Food Safety**

**Food Choice**

**Food, Nutrition and Health**

Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
7 Autumn 1 (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><b>Food Safety</b></p> <p><b>Food Skills</b></p> <p><b>Food Choice</b></p> 
<b>Assessment 1</b> Baseline Assessment using KS3 Practical exam grades	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 participate in an exercise on weighing and measuring.</p> <p>To explain where fruit and vegetables come from and how seasonality affects price and availability.</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> 

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

<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 (typed test to reflect how students are tested at KS4)</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><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> 

<p>7 Spring 2</p> <p>(1 lesson per fortnight)</p>	<p>11</p>	<p>To discuss Obesity &amp; Energy Balance</p> <p>To investigate sugar content in foods and investigate “Free Sugars”</p> <p>To explain where milk and dairy food comes from and how consumer demand influences availability, e.g. reduced fat dairy products.</p> <p>To compare and evaluate a product (savoury pinwheels) made with a standard cheddar and a reduced fat cheddar using sensory evaluation.</p> <p>To perform a simple sensory analysis and sensory evaluation.</p>	<p><b>Food Nutrition and Health</b> <b>Food Choice</b></p> 
	<p>12</p>	<p><b>PRACTICAL</b>-To prepare and cook a batch of <b>MINI CARROT CAKES</b>.</p> <p>To demonstrate the safe use of the oven and the food processor.</p> <p>To demonstrate the ‘creaming’ technique.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>	<p><b>Food Skills</b> <b>Food Safety</b></p> 
	<p>13</p>	<p><b>PRACTICAL</b>-To prepare and cook a <b>BREAD BASED PIZZA</b>.</p> <p>To demonstrate the safe use of the oven and Food Mixer.</p> <p>To prepare a bread dough.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>	<p><b>Food Skills</b> <b>Food Safety</b></p> 

<p>7 Summer 1  (1 lesson per fortnight)</p>	<p>14</p>	<p><b>PRACTICAL</b>-To prepare and cook a batch of <b>BASIC COOKIES</b>.          To demonstrate the safe use of the oven.          To demonstrate the ‘creaming’ technique.          To explore sugar content and flavouring a dish.          To apply the principles of food safety and hygiene when cooking.</p>	<p><b>Food Skills</b>  <b>Food Safety</b></p> 
<p><b>Computer room needed for this lesson</b></p>	<p>15</p>	<p>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 select dishes for their 5-A-Day lessons (<b>School to provide dishes to choose from for the first 5-A-Day practical</b>)</p> <p>To select a dish already made in Y7 for their Practical Exam lessons.</p>	<p><b>Food Nutrition and Health</b>  <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> (recipe from school)          To demonstrate the safe use of equipment.          To explain how to adapt the product for different target groups.          To apply the principles of food safety and hygiene when cooking.          To evaluate a dish.</p>	<p><b>Food Skills</b>  <b>Food Safety</b></p> 

<p>7 Summer 2 (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> (own recipe)          To demonstrate the safe use of equipment.          To explain how to adapt the product for different target groups.          To apply the principles of food safety and hygiene when cooking.          To evaluate a dish.</p>	<p><b>Food Skills</b>  <b>Food Safety</b></p> 
<p><b>Assessment 3</b></p>	<p>18</p>	<p><b>PRACTICAL EXAM</b>          To demonstrate the safe use of equipment.          To explain the skill(s) being demonstrated.          To apply the principles of food safety and hygiene when cooking.</p>	<p><b>Food Skills</b>  <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.           These could be delivered whilst having a picnic on the new grass banked area next to G26?</p>	<p><b>Food Nutrition and Health</b>  <b>Food Choice</b>  <b>Food Skills</b>  <b>Food Safety</b></p> 