

KS3 Food Studies Curriculum Map

Year 8 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
Y8 Autumn 1 (1 lesson per fortnight)	1	<p>To review the layout and the expectations for working in the food room.</p> <p>To explain and apply health and safety practices including date marking.</p> <p>To identify practical dates and note in planners.</p> <p>To investigate the storage of food and differentiate between ambient and refrigerated storage conditions.</p>	<p>Food Safety</p> <p>Food Skills</p> <p>Food Choice</p>
Assessment 1	2	<p>PRACTICAL- To prepare a batch of ROCK BUNS</p> <p>To demonstrate the safe use of the oven.</p> <p>To demonstrate & review the 'rubbing-in' technique.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills</p> <p>Food Safety</p>
	3	<p>To carry out a self assessment of the rock buns.</p> <p>To review the principles of The Eatwell Guide and 5-A-Day from Y7.</p> <p>To introduce healthy eating messages – reduce fat, salt and sugar; increase fibre (NSP)</p> <p>Review 'Free Sugars' from Y7</p> <p>To taste test cous cous prepared by Technician</p>	<p>Food Nutrition and Health</p> <p>Food Choice</p>
	4	<p>PRACTICAL 5-A-DAY: ROASTED VEGETABLE COUS COUS</p> <p>To demonstrate the safe use of sharp knives, kettle and the oven.</p> <p>To demonstrate the 'bridge' hold and the 'claw' grip.</p> <p>To prepare a dish that contributes to our 5-A-Day.</p> <p>To apply the principles of food safety and hygiene when cooking</p>	<p>Food Skills</p> <p>Food Safety</p>

<p>Y8 Autumn 2 (1 lesson per fortnight)</p>	<p>5</p>	<p>PRACTICAL - To prepare and cook a dish which demonstrates the role of carbohydrate in the diet - BREAD ROLLS To demonstrate the safe use of the oven and Food Mixer. To prepare a bread dough demonstrating kneading, dividing and shaping. To apply the principles of food safety and hygiene when cooking. To investigate the functions of ingredients used in bread making. To identify varieties of bread and bread products available to the consumer.</p>	<p>Food Skills Food Safety</p>
	<p>6</p>	<p>To carry out a peer assessment of the Cous Cous and Bread Rolls practical work. To explain the function of the main nutrients and their sources. To identify and explain the factors that affect individual food choice including seasonality and shopping locally. Relate seasonality to dishes to be cooked in Y8 e.g. changing the vegetables used in Soup depending on the time of year.</p>	<p>Food Nutrition and Health Food Choice</p>
	<p>7</p>	<p>PRACTICAL-To prepare and cook a SEASONAL SOUP To demonstrate the safe use of the hob and sharp knives. To measure liquids accurately. To demonstrate & review 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>Food Skills Food Safety</p>

<p>Y8 Spring 1 (1 lesson per fortnight)</p> <p>Assessment 2</p> <p>Computer room needed</p>	<p>8</p>	<p>Assessment 2 – Food Safety & Hygiene, Storage of Food, Healthy Eating Messages and Nutrients (typed test to reflect testing at KS4)</p> <p>DIRT : To review practical work so far - WWW/EBI</p> <p>To investigate ‘ultra processed’ food and how we can reduce these in our diets.</p> <p>To develop an awareness of the importance of eating breakfast and review a variety of breakfast options</p>	<p>Food Nutrition and Health Food Choice</p>
	<p>9</p>	<p>PRACTICAL-To prepare a batch of GRANOLA CUPS</p> <p>To demonstrate the safe use of the oven.</p> <p>To demonstrate the ‘melting’ method of food preparation.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills Food Safety</p>
	<p>10</p>	<p>PRACTICAL-To prepare a batch of SAVOURY MUFFINS</p> <p>To demonstrate the safe use of the oven.</p> <p>To create a dish suitable for breakfast.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills Food Safety</p>

<p>Y8 Spring 2 (1 lesson per fortnight)</p> <p>Computer room needed</p>	<p>11</p>	<p>To investigate the dietary needs of young adolescents including DRVs.</p> <p>To calculate the energy and nutrients provided by a recipe using a nutrition analysis programme (Explore Food).</p> <p>To cost a basic recipe</p>	<p>Food Nutrition and Health Food Choice</p>
	<p>12</p>	<p>PRACTICAL Bootstrap Chilli and HMD Potato Wedges</p> <p>To demonstrate the safe use of the hob and oven.</p> <p>To create a dish using cost effective ingredients.</p> <p>To consider flavourings used and how they affect the taste of their product.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills Food Safety</p>
<p><i>Monday classes to Taste Test Fish cakes prepared by Technician in this lesson</i></p>	<p>13</p>	<p>To investigate Food and Religion.</p> <p>To design a menu suitable for a named religion.</p> <p>To investigate types of fish and their importance in the diet.</p> <p>To investigate sustainability issues with food.</p> <p><i>Monday classes – to taste test fishcakes prepared by technician in this lesson as they won't be making their own mashed potato.</i></p>	<p>Food Nutrition and Health Food Choice</p>

<p>Y8 Summer 1 (1 lesson per fortnight) Monday classes will not be doing this lesson</p>	<p>14</p>	<p>PRACTICAL-To Prepare mashed potato ready for using to make fish cakes To demonstrate safe boiling and simmering. To prepare a batch of mashed potato ready for freezing. To apply the principles of food safety and hygiene when cooking.</p> <p>Taste testing fish cakes made by Technician using a variety of different tinned fish e.g. Mackerel, Salmon and Tuna.</p> <p>To complete an attribute profile</p>	<p>Food Skills Food Safety</p>
<p><i>Technician to prepare ready made/fresh mashed potato for Monday classes depending on time available. Fresh mash is preferable if time that day.</i></p>	<p>15</p>	<p>PRACTICAL-To prepare a batch of FISH CAKES/CRISPBAKES To demonstrate the safe use of the oven. To create a dish suitable for sale in the school canteen. To apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills Food Safety</p>
	<p>16</p>	<p>PRACTICAL-To prepare and cook TASTY TOMATO PASTA To demonstrate the safe use of the hob. To explain the difference between ‘boiling’ and ‘simmering’. To prepare a tomato sauce. To apply the principles of food safety and hygiene when cooking.</p> <p>To discuss Practical Exam Choices – must be a dish made in Y8. Note PP choices for technician.</p>	<p>Food Skills Food Safety</p> <p>Food Skills</p>

<p>Y8 Summer 2</p> <p>(1 lesson per fortnight)</p>	<p>17</p>	<p>PRACTICAL-To prepare and cook MACARONI CHEESE.</p> <p>To demonstrate the safe use of the hob.</p> <p>To explain the difference between 'boiling' and 'simmering'.</p> <p>To prepare a roux sauce.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>	<p>Food Safety</p>
<p>Assessment 3</p>	<p>18</p>	<p>PRACTICAL EXAM</p> <p>To demonstrate the safe use of equipment.</p> <p>To explain the skill(s) being demonstrated.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills</p> <p>Food Safety</p>
	<p>19</p>	<p>Review of the Year including an evaluation of their practical cooking experiences and preparation for Y9.</p>	<p>Food Nutrition and Health</p> <p>Food Choice</p> <p>Food Skills</p> <p>Food Safety</p>