

KS3 Food Studies Curriculum Map

Year 9 September 2025

(Recommendation to be 75% practical, currently have 68% practical)

Skills descriptors

Food Skills

Food Safety

Food Choice

Food, Nutrition and Health

Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
Y9 Autumn 1 (1 lesson per fortnight)	1	<p>To review Hygiene in the Food room and the 4Cs. Recall the principles of The Eatwell Guide and relate to own diet with red/green activity. Explain the importance of hydration. To list and explain the main nutrients provided by the diet. To note dates of practical lessons this year.</p>	<p>Food Safety Food Nutrition and Health Food Choice</p>
Assessment 1	2	<p>PRACTICAL - To prepare and cook a dish that recaps the rubbing in method and knife skills - MINI CHEESE FLANS To demonstrate the safe use of the oven, sharp knives and other small equipment. To prepare a batch of shortcrust pastry. To demonstrate and apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills Food Safety</p>
	3	<p>To complete a self assessment of mini cheese flans. To identify varieties of pastry and pastry products available to the consumer.</p> <p>To describe the dietary recommendations for carbohydrate (including fibre) and how it relates to their diet. To review free sugars and apply to own diet. To define energy and explain why it is needed. To identify sources of energy in the diet. To describe how energy needs change throughout life. To define energy balance and relate the consequences of imbalance.</p>	<p>Food Nutrition and Health Food Choice</p>
	4	<p>PRACTICAL - To prepare and cook a dish which demonstrates the role of carbohydrate in the diet and reviews the fruit and vegetable sections of the Eatwell Guide - CALZONE To demonstrate the safe use of the oven and Food Mixer. To prepare a bread dough demonstrating kneading and shaping. To apply the principles of food safety and hygiene when cooking. To investigate the functions of ingredients used in breadmaking.</p>	<p>Food Skills Food Safety</p>

<p>Y9 Autumn 2</p> <p>(1 lesson per fortnight)</p>	<p>5</p>	<p>Peer assessment of Calzone– use photos on shared area.</p> <p>To explain the sources, types and functions of protein. To describe the dietary recommendations for protein and how it relates to their diet. To define protein complementation.</p> <p>To investigate cultural and ethical factors that affect food and identify foods from around the world.</p>	<p>Food Nutrition and Health Food Choice</p>
	<p>6</p>	<p>PRACTICAL - To prepare and cook a main meal dish using one or more ingredients that provide a source of protein – CHICKEN FAJITAS</p> <p>To demonstrate the skills of preparing filling ingredients, using a variety of small equipment, using the hob. To demonstrate the use of herbs and spices to enhance the flavour of a dish. To demonstrate and apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills Food Safety</p>
	<p>7</p>	<p>PRACTICAL - To prepare and cook a main meal dish from around the world– LAMB KOFTAS</p> <p>To demonstrate the skills of preparing and shaping ingredients, using a variety of small equipment and the oven. To demonstrate safe handling of mince. To demonstrate and apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills Food Safety</p>
	<p>8</p>	<p>PRACTICAL – A Christmas or Seasonal dish</p> <p>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>Food Skills Food Safety</p>

<p>Y9 Spring 1</p> <p>(1 lesson per fortnight)</p>	<p>9</p>	<p>PRACTICAL - To prepare and cook a dessert from around the world- ZESTY CHEESECAKE</p> <p>To demonstrate the safe use of the hob and electric whisk.</p> <p>To demonstrate the preparation of fruit.</p> <p>To demonstrate and apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills</p> <p>Food Safety</p>
<p>Assessment 2</p> <p>Computer room needed</p>	<p>10</p>	<p>Assessment 2 – Food Safety, Food Hygiene, Eatwell Guide and Nutrients (typed test)</p> <p>To investigate ‘Fakeaway’ dishes.</p> <p>Use “Build a Burger” programme.</p>	<p>Food Safety</p> <p>Food Nutrition and Health</p> <p>Food Choice</p>
	<p>11</p>	<p>PRACTICAL-To prepare and cook a ‘fakeaway’ dish - BURGERS</p> <p>To demonstrate safe handling of raw meat.</p> <p>To describe the term ‘cross contamination’</p> <p>To demonstrate the safe use of the oven.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills</p> <p>Food Safety</p>

<p>Y9 Spring 2</p> <p>(1 lesson per fortnight)</p>	<p>12</p>	<p>PRACTICAL-To prepare and cook a ‘fakeaway’ dish - PASTIES (Greggs style)</p> <p>To demonstrate safe use of equipment</p> <p>To prepare variety of fillings considering healthy eating messages</p> <p>To demonstrate the safe use of the oven</p> <p>To demonstrate and apply the principles of food safety and hygiene when cooking</p>	<p>Food Skills</p> <p>Food Safety</p>
	<p>13</p>	<p>PRACTICAL - To prepare and cook a ‘fakeaway dish’ - BAKED SOUTHERN FRIED CHICKEN</p> <p>To demonstrate safe handling of raw chicken</p> <p>To experiment with marindaes/flavours for a chicken dish</p> <p>To demonstrate the safe use of the oven</p> <p>To demonstrate and apply the principles of food safety and hygiene when cooking</p>	<p>Food Skills</p> <p>Food Safety</p>

<p>Y9 Summer 1</p> <p>Computer room needed</p> <p>(1 lesson per fortnight)</p>	<p>14</p>	<p>To investigate the dietary needs of young adolescents and other target groups. To investigate special diets and health issues.</p> <p>To plan two dishes suitable to help meet the nutritional needs of the identified group for the following 2 practical lessons (Special Diets 1 and 2)</p> <p>To carry out a nutritional analysis of one dish using 'Explore Food'</p>	<p>Food Nutrition and Health Food Choice</p>
	<p>15</p>	<p>PRACTICAL – SPECIAL DIETS 1</p> <p>To demonstrate safe use of equipment To prepare a dish for a named special diet To demonstrate and apply the principles of food safety and hygiene when cooking</p>	<p>Food Skills Food Safety</p>
	<p>16</p>	<p>PRACTICAL – SPECIAL DIETS 2</p> <p>To demonstrate safe use of equipment To prepare a dish for a named special diet To demonstrate and apply the principles of food safety and hygiene when cooking</p>	<p>Food Skills Food Safety</p>

<p>Y9 Summer 2</p> <p>(1 lesson per fortnight)</p> <p>Computer room needed</p>	<p>17</p>	<p>To investigate food poisoning bacteria and the symptoms of food poisoning. To understand how illnesses through food can be prevented.</p> <p>To research a dish to demonstrate high skills in the Practical Exam.</p>	<p>Food Safety Food Nutrition and Health Food Choice</p>
	<p>18</p>	<p>PRACTICAL - To prepare and cook a main meal dish that contains a high risk ingredient – SWEET and SOUR CHICKEN</p> <p>To demonstrate time management. To demonstrate safe handling of a high risk ingredient. To explain the term “gelatinisation” To demonstrate and apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills Food Safety</p>
<p>Assessment 3 Practical Exam</p>	<p>19</p>	<p>PRACTICAL EXAM to prepare a dish for Assessment 3</p> <p>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>Plenary To review the opportunities for future courses and career options. To evaluate their practical cooking experiences. To appraise and evaluate their learning journey.</p>	<p>Food Skills Food Safety</p> <p>Food Nutrition and Health Food Choice</p>