

# **KS3 Food Studies Curriculum Map**

**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	To explain the layout of the food room. To recognise, name and locate the tools and equipment in the food room. To describe the expectations for working in the food room. To explain and apply health and safety practices used. To compare and evaluate existing products looking at layered salad dishes- what are the key criteria?	<b>Food Safety</b> <b>Food Skills</b> <b>Food Choice</b>
	2	<b>PRACTICAL-</b> To prepare a <b>LAYERED SALAD DISH</b> in a jar. To demonstrate the safe use of sharp knives. To demonstrate the 'bridge' hold and the 'claw' grip. To apply the principles of food safety and hygiene when cooking.	<b>Food Skills</b> <b>Food Safety</b>
	3	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. To explain where fruit and vegetables come from and how seasonality affects price and availability.	<b>Food Nutrition and Health</b> <b>Food Choice</b>
	4	<b>PRACTICAL-</b> To prepare and cook <b>FRUIT CRUMBLE</b> that contains 2 of your 5 a day. To demonstrate the safe use of the oven and sharp knives. To demonstrate the 'rubbing-in' technique. To apply the principles of food safety and hygiene when cooking.	<b>Food Skills</b> <b>Food Safety</b>
7 Autumn 2  (1 lesson per fortnight)	5	To explain where cereals, potatoes, rice and other starchy foods come from and why they are important in the diet. To discuss energy balance. To identify how lifestyle and culture can affect food choice. To calculate the energy and nutrients provided by a recipe using a nutrition analysis programme.	<b>Food Nutrition and Health</b> <b>Food Choice</b>
	6	<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.	<b>Food Skills</b> <b>Food Safety</b>
	7	<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.	<b>Food Skills</b> <b>Food Safety</b>

Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
7 Spring 1  (1 lesson per fortnight)	8	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 investigate what is needed on a food label.	Food Nutrition and Health Food Choice
	9	<b>PRACTICAL</b> -To prepare and cook <b>CHICKEN NUGGETS/FISH FINGERS</b> To demonstrate the safe use of the oven and sharp knives. To explain the term 'cross contamination'. To demonstrate fish/chicken preparation, shaping and coating. To apply the principles of food safety and hygiene when cooking.	Food Skills Food Safety
	10	<b>PRACTICAL</b> -To prepare and cook a <b>BOLOGNESE OR CHILLI CON CARNE</b> sauce. To demonstrate the safe use of the hob and sharp knives. To measure liquids accurately. 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.	Food Skills Food Safety
7 Spring 2  (1 lesson per fortnight)	11	To explain where meat, fish, eggs and beans come from and their importance in the diet. To list the food choices available for vegetarians and explain how their dietary needs are met.  To investigate the food and religion.	Food Nutrition and Health Food Choice
	12	<b>PRACTICAL</b> -To prepare and cook a batch of <b>MINI CARROT CAKES</b> . To demonstrate the safe use of the oven and the food processor. To demonstrate the 'creaming' technique. To apply the principles of food safety and hygiene when cooking.	Food Skills Food Safety
	13	To investigate ways in which recipes can be modified. To perform a simple sensory analysis and sensory evaluation.	Food Nutrition and Health Food Choice

Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
7 Summer 1  (1 lesson per fortnight)	14	<b>PRACTICAL</b> -To prepare and cook a <b>BREAD BASED PIZZA</b> . To demonstrate the safe use of the oven and Food Mixer. To prepare a bread dough. To apply the principles of food safety and hygiene when cooking.	<b>Food Skills</b> <b>Food Safety</b>
	15	To investigate and state some of the factors that affect food choice. To investigate ways in which food can be made appetising, including seasoning, flavouring, visual appearance, presentation.  To investigate the nutritional requirements for teenagers and design a suitable main meal dish. To look at the issues that arise from having a poor diet.	<b>Food Nutrition and Health</b> <b>Food Choice</b>
7 Summer 2  (1 lesson per fortnight)	16	<b>PRACTICAL</b> -To prepare and cook a <b>PRODUCT TO FIT 5-A-DAY</b> . 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.	<b>Food Skills</b> <b>Food Safety</b>
	17	<b>PRACTICAL</b> -To prepare and cook a <b>PRODUCT TO FIT 5-A-DAY</b> . 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.	<b>Food Skills</b> <b>Food Safety</b>
	18	Review of the Year including an evaluation of their practical cooking experiences and preparation for Y8.	<b>Food Nutrition and Health</b> <b>Food Choice</b> <b>Food Skills</b> <b>Food Safety</b>

Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
Y8 Autumn 1  (1 lesson per fortnight)	1	To explain the layout of the food room. To recognise, name and locate the tools and equipment in the food room. To describe the expectations for working in the food room. To explain and apply health and safety practices used. To compare and evaluate existing products looking at layered salad dishes- what are the key criteria?	Food Safety Food Skills Food Choice
	2	<b>PRACTICAL-</b> To prepare a batch of <b>ROCK BUNS</b> To demonstrate the safe use of the oven. To demonstrate the 'rubbing-in' technique. To apply the principles of food safety and hygiene when cooking.	Food Skills Food Safety
	3	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. To explain where fruit and vegetables come from and how seasonality affects price and availability.	Food Nutrition and Health Food Choice
	4	<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.	Food Skills Food Safety
Y8 Autumn 2  (1 lesson per fortnight)	5	To explain where cereals, potatoes, rice and other starchy foods come from and why they are important in the diet. To discuss energy balance. To identify how lifestyle and culture can affect food choice. To calculate the energy and nutrients provided by a recipe using a nutrition analysis programme.	Food Nutrition and Health Food Choice
	6	<b>PRACTICAL-</b> To prepare and cook <b>PIZZA SCONES</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.	Food Skills Food Safety
	7	<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.	Food Skills Food Safety



Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
Y8 Spring 1  (1 lesson per fortnight)	8	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 investigate what is needed on a food label.	Food Nutrition and Health Food Choice
	9	<b>PRACTICAL</b> -To prepare and cook <b>CHICKEN NUGGETS/FISH FINGERS</b> To demonstrate the safe use of the oven and sharp knives. To explain the term 'cross contamination'. To demonstrate fish/chicken preparation, shaping and coating. To apply the principles of food safety and hygiene when cooking.	Food Skills Food Safety
	10	<b>PRACTICAL</b> -To prepare and cook a <b>BOLOGNESE OR CHILLI CON CARNE</b> sauce. To demonstrate the safe use of the hob and sharp knives. To measure liquids accurately. 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.	Food Skills Food Safety
Y8 Spring 2  (1 lesson per fortnight)	11	To explain where meat, fish, eggs and beans come from and their importance in the diet. To list the food choices available for vegetarians and explain how their dietary needs are met.  To investigate the food and religion.	Food Nutrition and Health Food Choice
	12	<b>PRACTICAL</b> -To prepare and cook a batch of <b>MINI CARROT CAKES</b> . To demonstrate the safe use of the oven and the food processor. To demonstrate the 'creaming' method of cake making. To apply the principles of food safety and hygiene when cooking.	Food Skills Food Safety
	13	To investigate ways in which recipes can be modified. To perform a simple sensory analysis and sensory evaluation.  To investigate sustainability issues with food.	Food Nutrition and Health Food Choice





Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
Y8 Summer 1  (1 lesson per fortnight)	14	<b>PRACTICAL</b> -To prepare and cook <b>MACARONI CHEESE</b> . To demonstrate the safe use of the hob. To explain the difference between 'boiling' and 'simmering'. To prepare a roux sauce. To apply the principles of food safety and hygiene when cooking.	<b>Food Skills</b> <b>Food Safety</b>
	15	To investigate and state some of the factors that affect food choice. To investigate ways in which food can be made appetising, including seasoning, flavouring, visual appearance, presentation. To investigate the nutritional requirements for teenagers and design a suitable main meal dish. To look at the issues that arise from having a poor diet.	<b>Food Nutrition and Health</b> <b>Food Choice</b>
Y8 Summer 2  (1 lesson per fortnight)	16	<b>PRACTICAL</b> -To prepare and cook a <b>BREAD BASED PIZZA</b> . 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.	<b>Food Skills</b> <b>Food Safety</b>
	17	<b>PRACTICAL</b> -To prepare and cook a <b>PRODUCT TO FIT 5-A-DAY</b> . 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.	<b>Food Skills</b> <b>Food Safety</b>
	18	Review of the Year including an evaluation of their practical cooking experiences and preparation for Y9.	<b>Food Nutrition and Health</b> <b>Food Choice</b> <b>Food Skills</b> <b>Food Safety</b>

Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
Y9 Autumn 1  (1 lesson per fortnight)	1	Recall the principles of The Eatwell Guide and relate it to their own diet. To list and explain the main nutrients provided by the diet. To explain the importance of hydration.	Food Nutrition and Health Food Choice
	2	To prepare and cook a dish that recaps the fruit and veg section of the Eatwell Guide and recaps knife skills. The Prepare and cook <b>MINI CHEESE FLANS</b> To demonstrate the safe use of the hob, sharp knives and other small equipment. To carry out an evaluation of mini cheese flans. To demonstrate and apply the principles of food safety and hygiene when cooking.	Food Skills Food Safety
	3	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.	Food Nutrition and Health Food Choice
	4	To prepare and cook a dish which demonstrates the role of carbohydrate in the diet, such as a batch of <b>BREAD ROLLS</b> which demonstrate the safe use of the oven, weighing, mixing and dividing. 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.	Food Skills Food Safety
Y9 Autumn 2  (1 lesson per fortnight)	5	To explain the sources, types and functions of carbohydrate. To explain the sources and functions of fibre in the diet. To describe the dietary recommendations for carbohydrate (including fibre) and how it relates to their diet. To identify varieties of bread and bread products available to the consumer. To investigate the functions of ingredients used in bread making.	Food Nutrition and Health Food Choice
	6	To prepare and cook a dish which demonstrates the role of carbohydrate in the diet, such as <b>CALZONE</b> which demonstrate the safe use of the oven, weighing, mixing and dividing. 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.	Food Skills Food Safety
	7	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. To investigate cultural and ethical factors that affect food.	Food Nutrition and Health Food Choice

Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
Y9 Spring 1  (1 lesson per fortnight)	8	<p>To prepare and cook a main meal dish using one or more ingredients that provides 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.</p> <p>To demonstrate the use of herbs and spices to enhance the flavour of a dish.</p> <p>To demonstrate and apply the principles of food safety and hygiene when cooking.</p>	<p>Food Skills</p> <p>Food Safety</p>
	9	<p>To name the micronutrients and state why they are needed in the diet.</p> <p>To explain the sources, types and functions of vitamins, A, D, B group and C.</p> <p>To explain the sources, types and functions of calcium, iron and sodium</p> <p>To identify and explain the factors that affect individual food choice.</p> <p>To investigate the dietary needs of young adolescents.</p> <p>To summarize the actions in the School Food Plan related to school lunches.</p> <p>To plan a dish suitable for a hot school lunch to help meet the nutritional needs of the identified group.</p>	<p>Food Nutrition and Health</p> <p>Food Choice</p>
	10	<p>To prepare and cook a main meal dish suitable for a hot school lunch - TACOS</p> <p>To demonstrate the skills of preparing filling ingredients, using a variety of small equipment, using the hob and 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>
Y9 Spring 2  (1 lesson per fortnight)	11	<p>To identify and explain the factors that affect individual food choice regarding desserts.</p> <p>To investigate the dietary needs of young adolescents.</p> <p>To summarize the actions in the School Food Plan related to school lunches.</p> <p>To plan a dish suitable for a hot school lunch to help meet the nutritional needs of the identified group.</p>	<p>Food Nutrition and Health</p> <p>Food Choice</p>
	12	<p>To prepare and cook a pudding suitable for a school lunch that could be made healthier- ZESTY CHEESECAKE</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>

Year/Term	Lesson	CORE KNOWLEDGE	KEY SKILLS
Y9 Summer 1  (1 lesson per fortnight)	13	To look a food labels from existing products- what is needed legally? What effects does sustainability and food production have on a dish? To investigate cultural and ethical factors that affect food.	Food Nutrition and Health Food Choice
	14	To prepare and cook an Italian dessert – CHOCOLATE TIRAMISU To demonstrate the preparation of a layered dessert. To demonstrate and apply the principles of food safety and hygiene when cooking.	Food Skills Food Safety
	15	To investigate the symptoms for food poisoning and bacteria. To understand how illnesses through food can be prevented. To research a dish of choice that contains a high risk ingredient.	Food Safety
Y9 Summer 2  (1 lesson per fortnight)	16	To prepare and cook a main meal dish that contains a high risk ingredient. OWN CHOICE DISH e.g. SWEET AND SOUR CHICKEN To demonstrate time management. To demonstrate and apply the principles of food safety and hygiene when cooking.	Food Skills Food Safety
	17	To design a cake that could be sold at a summer fair. To produce a food label of their cake to include a nutritional profile, allergen information, environmental information. To calculate the cost of the dish/menu for sale.	Food Nutrition and Health Food Choice
	18	To prepare and cook a cake that could be sold at a summer fair. VICTORIA SPONGE To demonstrate and apply the principles of food safety and hygiene when cooking.	Food Skills Food Safety
	19	Plenary To review the opportunities for future courses and career options. To appraise and evaluate their learning journey. To evaluate their practical cooking experiences.	Food Skills Food Safety Food Nutrition and Health Food Choice