Food Preparation & Nutrition (KS3)

Year 7

Safety and hygiene rules / Safe food handling

Health and Safety within the kitchen and food (Equipment)

The '4' C's Bacteria and Hygiene

Safe use of equipment and knives

Healthy eating

The Eat well guide
8 Healthy eating tips

Cooking Terms

Nutrition

Macro and Micro

Importance of water and fibre

Practical Skills

Sensory Evaluation

Fruit & Vegetables Seasonality

Seasonal foods
Food miles

Enzyme browning

Year 7
Learners will develop basicunderstanding of nutrition and culinary skills.

Knife skills

Making bread

Five senses

Year 8

Food Provenance

Organic

Free Range

Practical Skills

Pizza, Pastry, Pasta Salad

Functional and chemical properties of ingredients

Food Commodities

Milk, Cheese, Eggs

Assessment

Year 8
Learners will develop an understanding of the function of ingredients and explore where our food comes from.

Whisking method

Year 9

Assessment

Diet and Lifestyle
Vegetarians

Year 9
Learners will develop confidentsof cooking a range of dishes and make informed decisions about food choice.

Factors affecting food choice

Food packaging and Labelling

Allergens

British and International Cuisines

Methods of Cooking

Heat transfer:

Conduction
Convection
Radiation

Practical Skills

Curry
Samosa
Focaccia
Bread

Assessment

Fairtrade: Ethics