

Food & Nutrition Curriculum Map (KS3)

[2022 – 2023]

Year 9 - learners will develop confidence of cooking a range of dishes and make informed decisions about food choice.



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

Assessment

Practical Skills
Curry
Samosa
Focaccia
Bread

Methods of cooking
Heat transfer:
Conduction
Convection
Radiation

British and International Cuisines

Food packaging and labelling
Allergens

Factors affecting Food choice



Food Labelling

	MED	LOW	MED	HIGH	MED
	Calories	Sugar	Fat	Salt	Salt
	353	0.8g	20.3g	10.8g	1.1g
	18%	1%	29%	64%	18%



YEAR 9

Assessment

YEAR 8

Food commodities
Milk, Cheese, Eggs

Functional and chemical properties of ingredients

Practical Skills
Pizza, Pastry, Pasta salad

Food Provenance
Organic
Free range

Lemon-Taste Test Recording Sheet

	Observations
Lemon	
Quince	
Cornish	
Peach	
Pineapple	
Candy	



Year 7 - learners will develop basic understanding of nutrition and culinary skills.

Assessment

Fruit & Vegetables Seasonality

Practical Skills
Sensory evaluation

Nutrition
Macro and Micro
Importance of water and fibre

Healthy eating
The Eatwell guide
8 Healthy eating tips
Cooking Terms

Safe use of equipment and knives

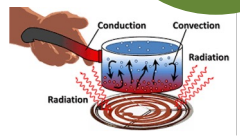
Safety and hygiene rules / Safe food handling
Health and Safety within the kitchen and food (Equipment)
The '4' C's Bacteria and Hygiene



Seasonal foods
Food miles



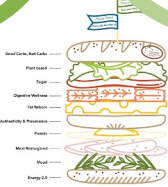
Enzyme Browning



Using the hob



rubbing in method



Weighing and Measuring



YEAR 7