

Food Preparation & Nutrition (KS3)

Curriculum Map - 2025-2026



Assessment

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



Whisking method

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



Diet and Lifestyle Vegetarians



Assessment

Assessment

Year 8

Fruit & Vegetables Seasonality



Five senses



Making bread



Knife skills

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

Seasonal foods Food miles

Enzyme browning

Practical Skills
Sensory Evaluation

Nutrition
Macro and Micro
Importance of water and fibre

Healthy eating
The Eat well 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

Year 7

