

KS3 Curriculum Overview

Subject Area: Food

Description of KS3 Curriculum:

- A range of topics covered to build the subject knowledge of students in preparation for GCSE.
- Hygiene and safety is covered to ensure pupils understand the importance of working correctly and safely in the lesson.
- Practical skills are developed through Year 7, 8 and 9 with higher level skills being used in year 9 practical tasks.

Sequence of teaching:

| KS3 | TERM 1 | TERM 2 | TERM 3 |
|--------|--|---|--|
| | Content | Content | Content |
| Year 7 | Packed lunch project <ul style="list-style-type: none"> • Hygiene and safety • Hazards in the food room • Recognising equipment • Knife skills | Using the oven <ul style="list-style-type: none"> • Health and safety with the oven, hob and grill • Use of the cooker • Use of the grill • Weighing and measuring | The fruit and vegetable project <ul style="list-style-type: none"> • Modifying recipes • 5 a day • Sugar • Food miles • seasonality |
| Year 8 | Nutrients <ul style="list-style-type: none"> • Protein • Carbohydrate • Vitamins • Minerals • Fat | School canteen <ul style="list-style-type: none"> • Dietary needs • Costing • Adaptions • Nutrients needs • Nutrients in the meals | Junk Food <ul style="list-style-type: none"> • Problems associated with poor diet • Informing teenagers of the danger of poor diets • Healthy alternatives • Reducing sugar, fat and salt in the diet |
| Year 9 | Multicultural foods <ul style="list-style-type: none"> • What is multicultural? • British cultures • Chinese culture • Indian culture • Italian culture • Mexican culture • American culture | Individual needs <ul style="list-style-type: none"> • Food allergies • Religions • Personal choice – vegetarians, vegans • Pregnancy • Teenagers • Toddlers • Elderly | Afternoon tea <ul style="list-style-type: none"> • Etiquette • Traditions • Menu choices • Designing a menu |