



KS3

Food & Nutrition Key Stage 3 Curriculum Overview

Autumn Term

Spring Term

Summer Term

Year 7

- Introduction to the food room
- Safety and hygiene
- Equipment
- The Eatwell guide
- Fruit sensory testing
- Making a fruit salad
- Classification of fruit
- Vegetables
- Provenance of fruit and vegetables
- Making a cous cous salad
- Making Mediterranean tart
- Evaluating work

- Starchy foods and the Eatwell guide
- Wheat
- Types of starchy food
- Cooking with pasta
- Cooking with potatoes
- Quesadilla practical
- Protein and the Eatwell Guide
- Frittata
- Goujons
- Meat pie
- Meat alternatives
- Evaluating work

- Dairy foods and the Eatwell guide
- Types of milk
- Secondary processing of dairy foods
- Quiche
- Fruit layer
- Provenance of dairy foods
- Fats and oils and the Eatwell Guide
- Emulsions
- Cutting down on fat in the diet
- Functions of fats in food preparation

Year 8

- Recap on safety and hygiene
- Recap on the Eatwell guide
- The dietary guidelines
- A balanced diet
- Pasta meal
- Including fruit in the diet
- Tomato soup
- Reducing fat, salt and sugar
- Evaluating work
- Food safety
- Cross contamination
- Temperature control
- Cooking with high-risk ingredients

- Cooking methods
- Heat transfer
- Choosing cooking methods
- Moist methods of cooking
- Dry methods of cooking
- The addition of fat
- Boiling
- Baking
- Roasting
- Frying

- Food and the environment
- Production methods
- Caught/reared/grown
- Sustainability
- Seasonal foods
- Organic foods
- The 6Rs
- Reducing carbon footprint
- One pot cooking
- Egg production
- Waste food
- Recycling
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Year 9

- Recap on the Eatwell guide and dietary guidelines

- Foods around the world
- Italy

- Factors affecting food choice
- Why diets differ

	<ul style="list-style-type: none"> - Nutrients - The 5 nutrient groups - High protein practical - Protein - Fats - Carbohydrates - High energy dish - Vitamins - Vegetable dish - Minerals - High calcium dish - Special dietary needs - Energy 	<ul style="list-style-type: none"> - Making lasagne - Spain - Chorizo stew - Britain - Cheese and onion pie - China - Stir fry - India - Curry - Raising agents - Toad in the hole - Cake making methods - Swiss roll 	<ul style="list-style-type: none"> - Allergies and intolerances - Gluten free products - Cost and income - Reducing cost - Modifying recipes - Religion - Celebrations/special occasions - Ethical and moral factors - Personal preferences - Food availability - Health - Lifestyle
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KS4

Food & Nutrition Key Stage 4 Curriculum Overview

	Autumn Term	Spring Term	Summer Term
Year 10	<ul style="list-style-type: none"> - The Eatwell Guide and Dietary Guidelines with general principles of a healthy diet, following on from year 8 and 9 information studied - Macronutrients and micronutrients - Protein – functions, sources, deficiency, excess - Carbohydrate – functions, sources, deficiencies, excess - Fats – functions, sources, excess and diet related illnesses from excess - Vitamins – functions, sources, deficiency, excess and effect of cooking/preparation - Minerals – functions, sources, deficiency, excess 	<ul style="list-style-type: none"> - Factors affecting food choice - Religion and diet - Ethical and moral issues - British cuisine - Italian cuisine - Spanish cuisine - Chinese cuisine - Indian cuisine - Sensory evaluation - Food labelling and marketing - Environmental impact - Sustainability of food - Food security and insecurity - Food production and processing 	<ul style="list-style-type: none"> - Microorganisms - Signs of food spoilage - Use of microorganisms in food productions - Bacterial contamination - Personal hygiene - Types of bacteria - Food poisoning - Buying, storing, handling, preparing and cooking foods - Protein food science - Carbohydrate food science - Properties of fats and oils – shortening, aeration, plasticity - Emulsification

	<ul style="list-style-type: none"> - Water – function in the body, sources and amount needed, effects of lack of water - Making informed choices for a varied, balanced diet - Information and advice sources of health and diet - Meal planning - Cost of food - Portion size - Changing nutritional needs, nutritional needs of different age groups - Disease associated with ageing - Planning balanced meals for different dietary groups – vegetarians and vegans, coeliac disease, lactose intolerance, high-fibre diet - Energy and energy needs and sources, BMR, PAL - How to carry out nutritional analysis - Planning and modifying recipes, meals and diets - Relationship between diet and health - Diet related diseases - 		<ul style="list-style-type: none"> - Raising agents
Year 11	<ul style="list-style-type: none"> - Preparation for NEA1 - Research - Investigations - Conclusions and analysis - Evaluation - Write up completion - Preparation for NEA2 - Research - Choice of dishes and justification 	<ul style="list-style-type: none"> - Trial dishes made for NEA2 - Write up trial dishes - Choose final menu - Justifications of final menu - Three-hour practical exam - Nutritional analysis - Sensory testing - Costing - Analysis and conclusions - Evaluation 	Revision and exam technique