



KS3

Food & Nutrition Key Stage 3 Curriculum Overview

	Autumn Term	Spring Term	Summer Term
Year 7	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- Cooking methods- Heat transfer- Choosing cooking methods- Moist methods of cooking- Dry methods of cooking- The addition of fat- Boiling- Baking- Roasting- Frying	<ul style="list-style-type: none">- 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-
Year 9	<ul style="list-style-type: none">- Recap on the Eatwell guide and dietary guidelines	<ul style="list-style-type: none">- Foods around the world- Italy	<ul style="list-style-type: none">- 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