

Curriculum Intent for Food and Nutrition



The current national curriculum states the purpose of Food as being able to:

'Instill a love of cookery in pupils that will open the door to one of the great expressions in human creativity.'

The intention of Food and Nutrition at THS is to follow this and provide our students with a content that allows students to understand nutrition, health, how to prepare and cook ingredient and create healthy nourishing meals.

It also aims for our students to be able to cook a wide variety of dishes, both savoury and sweet and develop skills and techniques that are easily transferable to them cooking at home for them and their families.

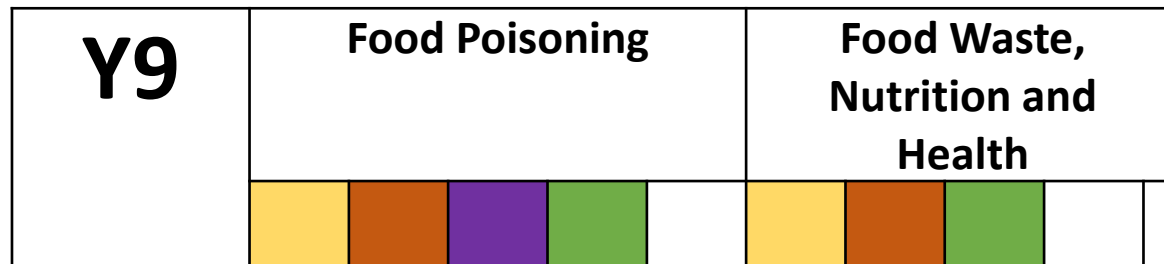
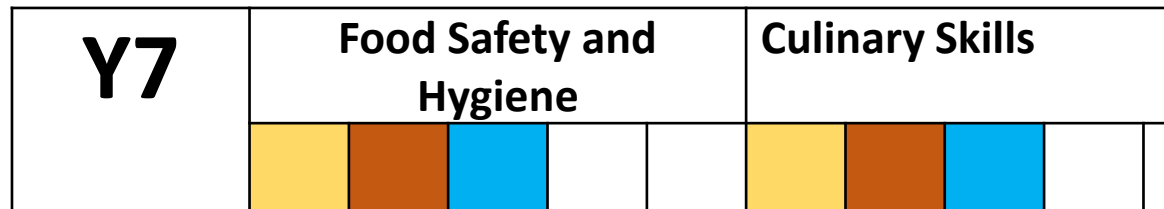
Students will also be aware of a variety of equipment uses, health and safety principles, use of the senses to determined good food and excellent culinary outcomes.

The course also aims to develop a knowledge of global issues such as food waste and poverty as well as the knowledge to deal with real world food problems such as cooking for allergies and intolerances and keeping people safe from the risk of food poisoning and contamination.

Therefore, the study of Food at THS enables students to harness their love of food and develop future healthy members of society.

KS3 Concept Mapping Food and Nutrition

(13 week rotation yearly)



Key Stage 3 rotation

Year 7

Content	Health, safety and hygiene	Hazards Theory Lesson	Knife work	Salsa Knife skills and safety	Crepes Hobs and heat control	Flapjack Weighing and using an oven safely	Kitchen uniform (Theory Lesson)
Assessment				Diagnostic mark (practical)			
				Knife Skills			
Home Learning			Carousel quiz: Knives			Carousel quiz: Ovens	

Year 8

Content	Health, Safety and Hygiene	Knife Safety	Vegetable soup Knife work/Blending	Bolognese Frying and veg preparation	Bread Dough Bread making skills	Pizza Shaping, assembling and baking	Balance of Good Health (Theory Lesson)
Assessment			Diagnostic mark (practical)				
			Health, safety and hygiene				
Home Learning			Carousel quiz: Hygiene			Carousel quiz: Bread	

Year 9

Content	Health, Safety and Hygiene	Ciambotta Knife work and heat control	Fajitas Meat Handling	Egg Fried Rice Rice cookery	Food Waste (Theory Lesson)	Carrot cake Weighing and baking	Chicken Curry Using spices and meat handling
Assessment			Diagnostic mark (practical)				
			Health, safety and hygiene				
Home Learning			Carousel quiz: Hygiene			Carousel quiz: Food Waste	

Key Stage 3 rotation

Year 7

Content	Mixed Bean Chilli Multi skill practical – knife, hob, simmering	Spinach, Chickpea and potato curry Multi skill lesson – knife, hob, hygiene	Cross Contamination Theory	Chicken Tikka Wraps Meat Handling	Shortbread Weighing and shaping
Assessment	Assessed Practical skills		Assessment of theory	Assessment of practical skills	
Home Learning			MS Forms assessment home-learning		

Year 8

Content	Crumble Rubbing in method, fruit preparation	Sausage Chilli Vegetarian dishes and products	Pasta/Sauce Sauce making/pasta cooking	Allergies Theory	Biscuits Weighing, shaping and cutting
Assessment		Diagnostic mark (practical)			
		Culinary Skills			
Home Learning				Carousel quiz: Allergies	

Year 9

Content	Brownies Melting method	Risotto Rice cookery/using dried ingredients	Food Poverty Theory lesson	Lamb Koftas Shaping and frying	Pastry Pastry making and techniques.
Assessment		Diagnostic mark (practical)			
		Culinary Skills			
Home Learning			Carousel quiz: Food Poverty		