

Food & Nutrition KS3

KS3	Key Questions / Key Concepts	Content/Coverage	Key Tier 3 Vocabulary
Year 7 Food and Nutrition Skills Rotation (7-8 weeks)	<p>To work safely in the kitchen, demonstrating basic food skills to produce a range of nutritionally balanced and cost effective meals.</p> <p>What is the difference between hygiene and safety?</p> <p>To use a vegetable knife and the oven safely.</p> <p>What is a balanced diet?</p> <p>Why do we use certain ingredients?</p> <p>Food Skills 1</p> <p>Food Skills 2</p>	<ul style="list-style-type: none"> Hygiene and safety including cross-contamination of bacteria Equipment – names and functions Healthy eating including reading food labels Nutrition – 5 nutrients and a basic function of each. Food preparation skills: rubbing-in, weighing out, measuring, knife skills (bridge and claw techniques), using the hob and oven, bread making, all-in-one sauce. Functions of ingredients: thickening of sauces (two methods), yeast as a raising agent, binding. 	<p>Hygiene</p> <p>Safety</p> <p>Cross-contamination</p> <p>Bacteria</p> <p>Bridge</p> <p>Claw</p> <p>Oven</p> <p>Hob</p> <p>Yeast</p> <p>Rubbing in</p>
Assessment	<p>End of rotation written test.</p> <p>Assessed practical lessons – chilli (knife skills) and pizza (bread making).</p>		
Year 8 Food and Nutrition Rotation (8 weeks)	<p>How can money be saved on food shopping?</p> <p>What ingredient thickens a sauce?</p> <p>What is the science behind it?</p>	<ul style="list-style-type: none"> Budgeting for food - how to reduce the amount of money spent on food and planning meals on a budget. 	<p>Budgeting</p> <p>Nutritional needs</p> <p>Coeliac</p> <p>Lactose intolerance</p> <p>Vegan</p>

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	<p>Why are fruit and vegetables important in the diet?</p> <p>Fruit and Veg</p> <p>Food Skills</p>	<ul style="list-style-type: none"> • Food preparation skills – Y8 students will build upon knowledge from year 7 of safe and hygienic working to produce a variety of different dishes successfully. • Functions of ingredients e.g. the use of starch to thicken a sauce, starch to thicken a risotto, ingredient functions in pastry and cake making. • Understanding the importance of fruit and vegetables in the diet and how they can be incorporated into meals. 	<p>Gelatinisation</p> <p>Coagulation</p> <p>Starch</p> <p>Rubbing in</p> <p>Bridge</p> <p>Claw</p> <p>Creaming</p> <p>Cross contamination</p>
Assessment	<p>End of rotation written test.</p> <p>Assessed practical lessons – quiche and chicken tikka masala (knife skills).</p>		
<p>Year 9</p> <p>Food and Nutrition</p> <p>Rotation (8 weeks)</p>	<p>What are the 5 main nutrients and what are their functions?</p> <p>What are the consequences of eating too much fat?</p> <p>What role does fibre play in the diet?</p> <p>Why is it important to stay hydrated?</p> <p>What are the ingredient functions</p>	<ul style="list-style-type: none"> • Nutrients – the 5 main nutrients. What they are and their functions. • Portion control – importance of portion control. • Consequences of consuming too much fat. • How to modify recipes to make them healthier. 	<p>Nutrients</p> <p>Function</p> <p>Saturated</p> <p>Unsaturated</p> <p>Portion</p> <p>Lacto vegetarian</p> <p>Lacto-ovo vegetarian</p> <p>Pescatarian</p> <p>Vegan</p>

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	<p>in cake, pastry and bread.</p> <p>Healthy Eating</p> <p>Food Science</p>	<ul style="list-style-type: none"> • Types of vegetarian and reasons for becoming a vegetarian. • Importance of fibre with the diet. • Hydration – reasons for staying hydrated, symptoms of dehydration. • Food preparation skills – Y9 students will build upon knowledge from year 7+8 of safe and hygienic working to produce a variety of different dishes successfully. The emphasis will be on higher level skills. • Understanding ingredient functions in cake, pastry and bread. 	<p>Modify</p> <p>Function</p>
Assessment	<p>End of rotation written test.</p> <p>Assessed practical lessons – Viennese fingers and dough balls.</p>		