

Food & Nutrition KS3

KS3	Key Questions / Key Concepts	Content/Coverage	Key Tier 3 Vocabulary
Year 7 Food and Nutrition Skills Rotation (7-8 weeks)	To work safely in the kitchen, demonstrating basic food skills to produce a range of nutritionally balanced and cost effective meals. What is the difference between hygiene and safety? To use a vegetable knife and the oven safely. What is a balanced diet? Why do we use certain ingredients? <i>Food Skills 1</i> <i>Food Skills 2</i>	- 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.	Hygiene Safety Cross-contamination Bacteria Bridge Claw Oven Hob Yeast Rubbing in
Assessment	End of rotation written test. Assessed practical lessons – chilli (knife skills) and pizza (bread making).		
Year 8 Food and Nutrition Rotation (8 weeks)	How can money be saved on food shopping? What ingredient thickens a sauce? What is the science behind it?	Budgeting for food - how to reduce the amount of money spent on food and planning meals on a budget.	Budgeting Nutritional needs Coeliac Lactose intolerance Vegan

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	Why are fruit and vegetables important in the diet? Fruit and Veg Food Skills	- 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.	Gelatinisation Coagulation Starch Rubbing in Bridge Claw Creaming Cross contamination
Assessment	End of rotation written test. Assessed practical lessons – quiche and chicken tikka masala (knife skills).		
Year 9 Food and Nutrition Rotation (8 weeks)	What are the 5 main nutrients and what are their functions? What are the consequences of eating too much fat? What role does fibre play in the diet? Why is it important to stay hydrated? What are the ingredient functions	- 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.	Nutrients Function Saturated Unsaturated Portion Lacto vegetarian Lacto-ovo vegetarian Pescatarian Vegan

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	in cake, pastry and bread. Healthy Eating Food Science	• 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.	Modify Function
Assessment	End of rotation written test. Assessed practical lessons – Viennese fingers and dough balls.		