

Food KS3

	YEAR 1 (From Sept 2022)	Year 2 (From Sept 2023)	Year 3 (From Sept 2024)
Curriculum Content	<p>Composite 1: Commis Chef</p> <p>Component 1:</p> <ul style="list-style-type: none"> Understanding hygiene and safety rules in a kitchen and uses of equipment. <p>Component 2:</p> <ul style="list-style-type: none"> Understand and apply basic practical skills/low complexity dishes <ul style="list-style-type: none"> - knife skills (bridge and claw) - Fruit fusion - Pizza toast - Pasta salad - Cheesecake - Cheese and onion triangles <p>Component 3:</p> <ul style="list-style-type: none"> Understand how food should be stored correctly to prevent food poisoning <ul style="list-style-type: none"> - Fridge/freezer/cupboard - Types of food poisoning <p>Component 4:</p> <ul style="list-style-type: none"> Understand the different types of nutrients (Carbohydrates, fats, protein, vitamins and minerals) and know why they are needed in different amounts (macro and micronutrients) 	<p>Composite 1: Sous Chef</p> <p>Component 1:</p> <ul style="list-style-type: none"> Understand the types of special diets and why people need to follow them (health, medical, religion) <p>Component 2:</p> <ul style="list-style-type: none"> Develop practical skills to make medium complexity dishes <ul style="list-style-type: none"> - Jam biscuits - Pizza whirls - Vegetable stir fry - Chilli - Gluten free brownies - Fairtrade Banana and cinnamon muffins <p>Component 3:</p> <ul style="list-style-type: none"> Understand how food can be sustainable/fairtrade <p>Component 4:</p> <ul style="list-style-type: none"> Understand the importance of food allergies and intolerances 	<p>Composite 1: Master Chef</p> <p>Component 1:</p> <ul style="list-style-type: none"> Understand the importance of reducing food waste <p>Component 2:</p> <ul style="list-style-type: none"> Develop practical skills to make high complexity dishes <ul style="list-style-type: none"> - Victoria sponge - Food waste practical - Spanish baked eggs - Homemade pasta and sauce - Bread based pizza - Cheese and onion pie <p>Component 3:</p> <ul style="list-style-type: none"> Understand why foods need to be labelled and what information is required on a label by law <p>Component 4:</p> <ul style="list-style-type: none"> Understand what organic and Genetically Modified foods are <p>Component 5:</p> <ul style="list-style-type: none"> Understand what food miles are and ways we can reduce food miles
Prior knowledge and skills (from previous year / key stage)	<p>Some students will have covered basic Food in KS2 e.g. The Eatwell Guide and may have cooked/baked at home.</p> <p>Although there is the possibility that some students have experienced some Design and Technology work in Primary school, this will be a very small percentage of the cohort, so no prior knowledge is assumed.</p>	<p>In Year 7 students will have covered basic practical skills e.g. bridge and claw, chopping, using the oven, pastry</p> <p>Students will also have covered hygiene and safety, the different nutrients, correct storage of foods, food poisoning.</p> <p>Students will also have experience in evaluating a food product.</p>	<p>In year 7 students have studied food sectors and developed basic practical skills and understand hygiene and safety.</p> <p>In year 8 students have developed their practical skills further. They have studied nutrients and their functions, types of special diets, food spoilage and food poisoning and the measures that need to be taken to prevent this from occurring. They have also studied allergens and intolerances and sustainability and Fairtrade.</p> <p>Students will also have experience in evaluating a food product.</p>

Assessment Objectives	AO1- Understand the importance of nutrition AO2- Know how food can cause ill health AO3- Be able to follow recipes and select and apply skills to prepare and cook dishes AO4- To be able to evaluate the dishes made	AO1- Understand the importance of nutrition AO2- Know how food can cause ill health AO3- Be able to follow recipes and select and apply skills to prepare and cook dishes AO4- To be able to evaluate the dishes made	AO1- Understand the importance of nutrition AO2- Know how food can cause ill health AO3- Be able to follow recipes and select and apply skills to prepare and cook dishes AO4- To be able to evaluate the dishes made
Vocabulary / Key Subject Terminology	Hygiene Safety Seasonal Exotic Tropical Bridge Claw Macronutrient Micronutrient Protein Carbohydrate Fat Vitamins Minerals Food poisoning Salmonella E-Coli Campylobacter Staphylococcus aureus Bacillus Cereus Listeria Danger zone Pathogen Use by date Best Before date Cross contamination	Macronutrient Micronutrient Food poisoning Food spoilage High risk foods Allergen Intolerance Gluten Intolerance Sustainability Fairtrade Crustacean Molluscs Lactose Intolerant Pathogen Cross-contamination	Organic Genetically Modified Foods Food miles Pesticides Preservatives Free range Greenhouse gases Emissions Food origin Global warming Climate change Provenance
Assessment 1	Knowledge retrieval questions	Knowledge retrieval questions	Knowledge retrieval questions
Assessment 2	Mastery tasks (2x)	Mastery tasks (2x)	Mastery tasks (2x)
Cross Curricular Links with other Faculties	<ul style="list-style-type: none"> Science- Nutrition P.E- Nutrition (macro and micro nutrients, carbohydrates, proteins, fat, vitamins, minerals), healthy eating Numeracy- weighing ingredients out, converting scale, timings of cooking, temperature control, key temperatures Literacy- articles relating to food (food poisoning article), definitions, key words 	<ul style="list-style-type: none"> Numeracy: Measuring ingredients, converting scale, timings of cooking, temperature control, key temperatures Literacy- articles relating to food (Allergen article), definitions, key words 	<ul style="list-style-type: none"> Numeracy: Measuring ingredients, converting scale, timings of cooking, temperature control, key temperatures Literacy- articles relating to food (food waste article), definitions, key words Geography- Climate change, greenhouse gases, global warming Science- greenhouse gases
Knowledge Organiser content	<ul style="list-style-type: none"> Types of equipment Hygiene and safety rules Seasonal produce Nutrients and their functions Storage of foods Types of food poisoning 	<ul style="list-style-type: none"> Functions of nutrients Macro and micronutrients Types of special diets and why people follow them Types of food spoilage Types of food poisoning 	<ul style="list-style-type: none"> Organic and GM foods Food miles and ways to reduce them Food waste and ways to reduce the amount of food we waste

	<ul style="list-style-type: none"> • Key words • Knife techniques/shapes 	<ul style="list-style-type: none"> • High risk foods • Allergens and intolerances (gluten/lactose) • Sustainability • Fairtrade • Key words 	<ul style="list-style-type: none"> • Food labelling- what must be included on a food label • Key words
British Values	<ul style="list-style-type: none"> • 'Rule of Law' and why we have rules and regulations in the Food Kitchen. • 'Mutual Respect' and 'Tolerance' will be taught as students learn about food sectors and job roles. Special attention will be made to promote career opportunities for male and ethnic minority students in food. <p>These British Values will be referenced whenever possible in each of the 12 lessons of the rotation.</p>	<ul style="list-style-type: none"> • 'Rule of Law' and why we have rules and regulations in the Food Kitchen. • 'Mutual Respect' and 'Tolerance' will be referenced during the knowledge recall quizzes referencing year 1 content. 	<ul style="list-style-type: none"> • 'Rule of Law' and why we have rules and regulations in the Food Kitchen. • 'Mutual Respect' and 'Tolerance' will be referenced during the knowledge recall quizzes referencing year 1 and year 2 content.
Extra-Curricular Offer	Cooking club	Cooking club	Cooking club