



Key Stage 3 Food Technology Curriculum Plan

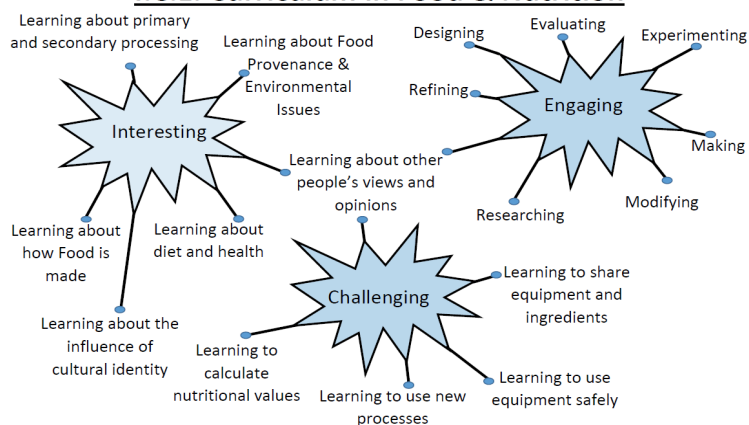
Main Aims:

Our Food Technology curriculum aims to instil a love of cooking in pupils and open a door to one of the great expressions of human creativity. We believe that learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

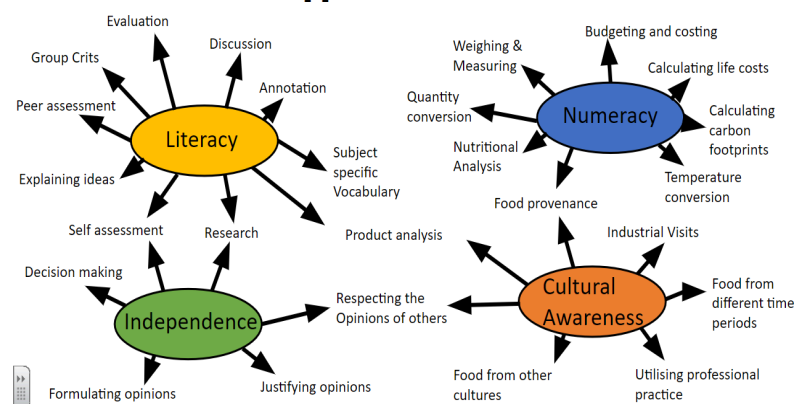
Food technology in KS3, seeks to draw year 5 and 6 experiences together into projects which cover GCSE assessment objectives. In KS3, pupils become more independent in the food room and become more competent in a range of cooking techniques, such as selecting and preparing ingredients, using equipment and using heat in different ways. They combine a variety of skills, to follow and modify a range of increasingly complex recipes to produce a range of dishes. Pupils increase their awareness of food in the UK and around the world, focussing on source, seasonality and characteristics of a range of ingredients.

Pupils learn about The Eatwell Guide to ensure an understanding of the importance of a balanced diet and how to achieve this. The nutrient content of foods is introduced in relation to The Eatwell Guide and the theory of the Government's 8 tips to healthy eating. Pupils learn about how food labelling supports people in making food choices. Pupils learn how to adapt dishes to meet individual needs and preferences. Pupils also learn about the importance of a balanced diet/lifestyle and are given advice on how to achieve this including learning about foods that can have a specific detrimental effect on people's health (e.g. too much fat, sugar and salt and not enough fruit, vegetables and fibre).

I.C.E. Curriculum in Food & Nutrition



The L.I.N.C. Approach in Food & Nutrition:





Year 7

Autumn 1

The Eatwell Guide & Food Choice

- Food group- Fruit & vegetables
- Food group- Starchy foods
- Recipes include- apple crumble and pizza

Autumn 2

The Eatwell Guide & Food Choice

- Food group- Protein foods and dairy & alternatives
- Introduction to nutrients
- Recipes include- cheese scones and cupcakes

Spring 1

The Eatwell Guide & Food Choice

- Food labelling
- Factors affecting food choice
- Recipes include- gluten free shortbread and pork & apple sausage rolls

Spring 2

Food Commodities

- Milk, yoghurt and cheese
- Potatoes and vegetables
- Recipes include- chicken wraps and vanilla cheesecake

Summer 1

Food Commodities

- Fruit
- Meat and fish
- Recipes include- fruit biscuits and turkey stir fry

Summer 2

Food Commodities

- Non- meat sources of protein
- Food fraud
- Recipes include- cereal bars and brownies



Year 8

Autumn 1

Dump the junk. Govt Healthy Eating Guidelines

- Health, safety and hygiene. Food room rules.
- Knife skills
- Pasta research
- Healthy eating guidelines
- Modifying recipes

Practical lessons:

- Dicing and julienne technique (carrots) with healthy dip.
- Pasta salad.
- Rock buns
- Fruity frozen yogurt

Autumn 2

Dump the junk. Govt Healthy Eating Guidelines

- Multi cultural foods/healthy eating guidelines.
- Protein. Meat and meat alternatives.
- Antioxidants/superfoods
- Sensory analysis/star profiles.

Practical lessons:

- Curry
- Burgers
- Breakfast muffins
- Peppermint creams

Spring 1

Govt Healthy Eating Guidelines: Macro nutrients and functions of Ingredients

- Protein
- Carbohydrates
- Fat
- Vitamins
- Minerals

Spring 2

Micro Nutrients and Introduction to Food Provenance

- Vitamins
- Minerals
- Introduction to Food provenance



Whytrig Middle School

Practical lessons: <ul style="list-style-type: none">• Spanish bean stew• Fruity polenta cake• Bolognese	Practical lessons: <ul style="list-style-type: none">• Marble pear tray bake• Chicken teriyaki• Rhubarb and orange cake
<u>Summer 1</u>	<u>Summer 2</u>
<u>Barn to Bake</u> <ul style="list-style-type: none">• From farm to fork (where and how are the key ingredients used in cake making farmed and how are they processed)• Cake making methods (rubbing in, creaming, melting and whisking) Practical lessons: <ul style="list-style-type: none">• Chocolate cake (rubbing in)• Gingerbread (melting)	<u>Barn to Bake</u> <ul style="list-style-type: none">• Continue cake making methods• Raising agents Practical lessons: <ul style="list-style-type: none">• Sponge cake (whisking)• Carrot cake (creaming)