

What are the aims and intentions of this curriculum?

The aim of our Key Stage 3 Curriculum is to help students learn how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Summer 2	<ul style="list-style-type: none"> Review food hygiene and safety. Eat well plate. Make fairy cakes. 8 tips for a healthy diet. Make tuna pasta salad Understand why and how to eat less fat. Make spaghetti Bolognese 	<p>Hygiene rules Health and safety in the food room</p> <p>The eat well plate 6 basic nutrients in the diet Functions of nutrients</p> <p>Types of Fats How to reduce fats in the diet?</p> <p>Key words</p> <ul style="list-style-type: none"> Ingredients Manufactures Branding Food miles Nutrients Nutrition Food Health Dietary saturated 	<p>Weighing, measuring, creaming method, dividing evenly, use oven.</p> <p>Knife skills, peeling, slicing, measuring, wider ingredient prep, using hob</p> <p>Weighing, measuring, prep of meat or alternative, cook pasta, use hob, knife skills, make tomato based sauce.</p>	<p>Complete eat well plate exercise. How balanced is the food you eat at home?</p> <p>Poster design on the tips for a healthy diet.</p> <p>Write a food diary of all the food you have eaten in one day. Evaluate if your diet is high in fat or just right.</p>

Autumn 1	<ul style="list-style-type: none"> Understand why and how to eat less sugar. Make banana bread. 	<p>The benefits of eating less sugar Sources of sugar The effects of too much sugar on the body</p> <p>Key words</p> <ul style="list-style-type: none"> Sugars Hidden sugars Obesity Cavity Nutrition Diabetes nutritional 	<p>Weighing, measuring, fruit prep, using oven.</p>	<p>Sugar worksheets. Recipe and ingredients</p>
	<ul style="list-style-type: none"> Understand why and how to eat more fibre. Make whole meal bread buns. 	<p>What is fibre? Uses of fibre in the diet The importance of fiber in our bodies</p>	<p>Weighing, measuring, rubbing in, forming dough, dividing mixture, using oven, proving.</p>	<p>Fibre worksheets. Recipe and ingredients</p>
Autumn 2	<ul style="list-style-type: none"> Importance of staple foods in the diet and food miles. Make macaroni cheese. 	<p>The importance of staple foods in the diet Example of staple foods</p> <p>Key words</p> <ul style="list-style-type: none"> Fibre Health Staples Carbohydrate Deficiency Disease Disorder 	<p>Weighing, measuring, cook pasta, draining, making a roux, using grill, using hob, combining sauce and pasta, boil, simmer</p>	<p>Staple foods, food miles worksheets. Recipe and ingredients</p>
Spring 1	<ul style="list-style-type: none"> Find out about pasta as a staple food. Make quick lasagne. Find out about rice as a staple food. Make rice salad. Find out about bread as 	<p>How to make use of seasonal and local produce? Types of pasta Examples of pasta</p> <p>Exploring rice dishes around the world How rice varies in nutritional value</p>	<p>Weighing, measuring, knife skills, making roux, use hob, use oven, boil, simmer.</p> <p>Knife skills, weighing, measuring, cooking rice, use hob, mixing ingredients.</p> <p>Weighing, measuring, knife skills, rubbing in,</p>	<p>Pasta worksheets. Recipe and ingredients</p> <p>Design your own dish using rice Recipe and ingredients.</p>

	<p>a staple food. Make bread loaf or rolls.</p> <ul style="list-style-type: none"> Find out about cereals as a staple food. Make flapjack. 	<p>Types of bread Ingredients used in bread making Functions of the main ingredients</p> <p>Types of cereals Uses of cereal in the diet</p> <p>Key words</p> <ul style="list-style-type: none"> Bread Wheat Cereal Staples Seasonal Pasta Spiral 	<p>forming dough, using oven.</p> <p>Weighing, measuring (oats, sugar, syrup), use hob, melting method, combining, use oven</p>	<p>Bread worksheets. Recipe and ingredients</p> <p>How to budget. Value for money and how to make informed choices</p>
<p>Spring 2</p>	<ul style="list-style-type: none"> Methods of cake making. Rubbing in method. Make rock buns. Understand what's on a label. Make chocolate chip cookies. 	<p>Methods of cake making Examples of cakes for each method</p> <p>Key words Cake making methods Creaming Combining ingredients Aeration Sifting Advantages Disadvantages Modification</p> <p>The importance of food labels Requirement for food labels Traffic light nutritional information</p>	<p>Weighing, measuring, rubbing in, forming a dough, shaping, separating, use oven.</p> <p>Weighing, measuring, rubbing-in method, forming dough, shaping, dividing, using oven</p>	<p>Storing food, thinking about places to store, shelf life and date marks Cake making worksheets. Recipe and ingredients</p> <p>Design a package for your designer cookies that you will make next lesson Labelling worksheets. Recipe and ingredients</p>

Summer 1

- Discover what convenience foods are. Comparison of packet mix, shop bought and homemade cakes.

What are convenience foods?
Types of convenience foods

Key words

- Food labels
- Nutritional
- Additives
- Convenience food

Package requirement

Wise food shopping, labelling, budgeting.

Convenience food worksheets.
Recipe and ingredients