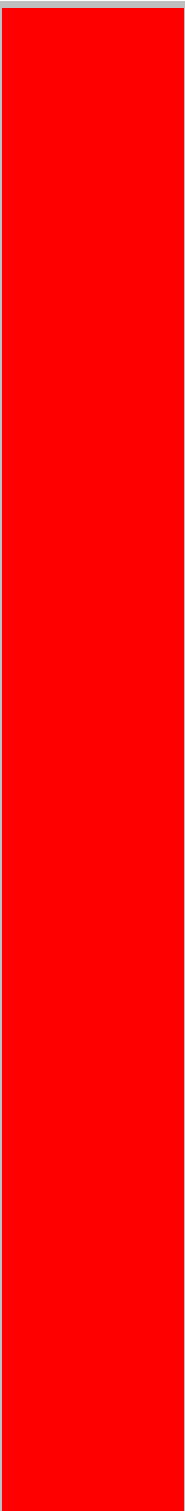


## What are the aims and intentions of this curriculum?

The aim of our Key Stage 3 Curriculum is to enable students to develop basic culinary skills and a basic understanding of nutrition and healthy eating principles, so that they can build confidence when working in the kitchen to design, prepare and make a range of well-balanced food products that would be suitable for them to make to take in a lunchbox.

Term	Topics	Knowledge and key terms	Skills developed	Assessment
<b>Autumn 1</b>	<ul style="list-style-type: none"> <li>Introduction to food technology room, rules and hazards. Personal hygiene.</li> <li>Kitchen hygiene. Cross contamination and food poisoning.</li> <li>How do fruit and vegetables fit in the wheel of health and healthy eating? <b>Make fruit salad.</b></li> </ul>	<p>Rules of the room Hazards and hygiene rules How can we prevent accidents in the food lab?</p> <p>What is hygiene-safety rules What is Kitchen hygiene and what is food hygiene? What procedures should be followed to ensure good hygiene? How does food poison happen? The 4'C principles of food hygiene Correct washing up procedures to prevent bacterial growth Health, safety and hygiene Procedures Why should specific cutting techniques be used to safely prepare ingredients? How do you know what cutting technique to use?</p> <p>Food groups Eatwell plate The importance of fruits and vegetables Why is it important to have 5 portions a day?</p> <p><b>Key terms</b></p> <p>Ingredients</p>	<p>How to wash up properly Knife skills Basic equipment</p> <p>4Cs – cooking, c Food poisoning bacteria – types / conditions for growth. Avoiding cross contamination. leaning, chilling and cross contamination</p> <p>Basic knife skills –bridge hold, claw grip (cutting, peeling, grating, slicing, dicing and julienne)</p>	<p>Identification of hazard worksheet How to prevent hazards worksheet? Design a health and safety poster for the food technology room.</p> <p>Demonstration of the principles of the 4C's Identify hygiene and safety hazards. Explain why is it important to wash up correctly to prevent food poisoning</p> <p>Practical demonstration of the cutting techniques.</p> <p><b>Practical 1</b> Demonstration of hygiene and safety procedures in making fruit salad</p>

	<ul style="list-style-type: none"> <li>• Kitchen equipment. Weighing and measuring. <b>Make baked apple.</b></li> <li>• Classification of fruits. Understand use of fruit in cooking. <b>Make apple crumble</b></li> </ul>	<p>Recipe Method Equipment, e.g. Hob, Oven Cooking, chilling, cleaning and cross contamination</p> <p>To learn how to use, and demonstrate the safe use of a number of key pieces of equipment in the kitchen, including the hob and oven. Basic weighing and Measuring equipment can be used to weigh and measure ingredients. How to weigh and measure ingredients accurately.</p> <p>Classification of fruits E.g. tree, citrus, stone, soft Ways to use fruits in cooking.</p> <p><b>Key words</b></p> <p>Health, Safety and Hygiene Rule and procedures Cutting techniques Bridge hold Claw grip Knife 5-a-day Fruit and Vegetables</p>	<p>Weighing and measuring ingredients accurately food preparation, coring, combining and mixing, using oven</p> <p>Weighing and measuring, rubbing-in, peeling, coring, slicing, layering, using oven</p>	<p>1) kitchen equipment, weighing and measuring worksheets 2) Recipe and ingredients</p> <p>Classification of fruits worksheet Use of fruits in cooking poster.</p>

## Autumn 2

- Classification of vegetables.  
Make coleslaw

- Understand what nutrients are.  
Baking with fruit. Make fruit burst muffins

Classification of vegetables  
The importance of eating vegetables  
Why is it important to have 5 portions a day?  
To understand the health and safety considerations involved with preparing vegetables.

- 5 main nutrients provided by the diet
- Functions of nutrients in the body
- What is the Eatwell plate
- How can dishes/meals be made balance using the principles of the Eatwell plate
- 5 main groups of food that provide food sources to the diet

### Key Words:

Hob  
Grill  
Bridge hold/claw grip  
Peeling  
Grating  
Testing  
Bite size  
Colourful  
Nutrients  
Carbohydrate  
Protein  
Fat  
Vitamins and Minerals  
Balanced diet  
Eat well Plate

Weighing and measuring, knife skills, rubbing-in, peeling, using oven, coring, slicing, layering

Knife skills, basic equipment, vegetable preparation, peeling, slicing, grating.

Students to construct a poster to should how we can incorporate vegetables into the diet  
(1) Classification of vegetables worksheets  
(2) Recipe and ingredients  
Date mark and safe storage of foods.

Activity in booklets to complete a blank Eat well Plate, labelling and colour coding the different sections.

Activity in booklets asking students to draw round their hand and label their thumb and fingers with the 5 key nutrients as a way to remember them (Fat Thumb, Protein, Carbohydrate (longest finger), Vitamins, Minerals).

Discussion about health conditions that having a poor diet can lead to, with responses written in booklets

	<ul style="list-style-type: none"> <li>Learn how vegetables can be sold and stored. <b>Make vegetable soup.</b></li> </ul>	<p>How vegetables are sold (fresh/frozen) How to store vegetables to retain freshness?</p> <p><b>Key words</b> Pasta Salad Hob Grill Bridge hold/claw grip Peeling Grating Testing Bitesize Colourful</p>	<p>Knife skills, basic equipment, vegetable preparation, peeling, slicing, measuring, using hob.</p>	<p>Vegetables shopping worksheets Chilling, heating and reheating</p>
<p><b>Spring 1</b></p>	<ul style="list-style-type: none"> <li>Focus on healthy salads. <b>Make layered pasta salad and range of sauces</b></li> <li>Use of the cooker <b>Make flapjacks</b></li> <li>Understand how to make vegetable fast food <b>Make vegetable Pizza</b></li> </ul>	<p>Classification of pasta Pasta sauces</p> <p>Prepare a range of dishes using the rubbing in method <b>Keywords</b> Seasonal biscuit Savory or sweet scones Flapjack Melting method Combining ingredients Even distribution of mixture Quality checks</p> <p>Short crust pizza recipe How to bake fast healthy Tips for healthy eating</p> <p><b>Key words</b> Method Rubbing-in</p>	<p>Knife skills, basic equipment, peeling, slicing, measuring, mixing, layering, using hob</p> <p>Sensory skills such as tasting and analyzing food.</p> <p>Basic equipment, knife skills, slicing, layering, using grill, wider ingredient preparation.</p>	<p>Design and annotate pasta salad Pasta worksheet</p> <p>Flap jack sensory evaluation worksheet</p> <p>Healthy fast food worksheets</p>

		<p>Rolling Shaping Cutting Grating Peeling Batch Baking</p>		
Spring 2	<ul style="list-style-type: none"> <li>The importance of breakfast <b>Make a healthy breakfast</b></li> </ul>	<p>What is breakfast Types of breakfast Benefits of eating breakfast. Tips for healthy breakfast</p>	<p>Grill safety, monitoring and assisting one another. Product assembling, rolling, mixing, shaping, grating, spreading Cutting techniques</p>	<p>Design a healthy breakfast</p>
	<ul style="list-style-type: none"> <li>Vegetable dishes from around the world. <b>Make vegetable enchiladas.</b></li> </ul>	<p>Foods from around the world Traditional dishes and spices</p>	<p>Knife skills, slicing, peeling, measuring, using hob, using oven,</p>	<p>Design dishes from around the world information leaflet</p>
Summer 1	<ul style="list-style-type: none"> <li>Foods not suitable for certain groups. <b>Make a healthy snack bar.</b></li> </ul>	<p>Feeding various groups (infant, school age, adolescence)</p>	<p>Weighing, measuring, combining and mixing, using hob, using oven</p>	<p>Pack lunch survey Worksheets</p>
	<ul style="list-style-type: none"> <li>How to make sweet and savoury picnic snacks. <b>Make cheesy or sugary scones</b></li> </ul>	<p>Savoury and sweet snacks</p> <p><b>Key words</b> Scones Rubbing-in Rolling Shaping Baking Experiment Sensory analysis Taste Testing</p>	<p>Weighing, measuring, cutting, rubbing in, forming dough, shaping, cutting, using oven</p>	<p>Packing for a picnic worksheets</p>