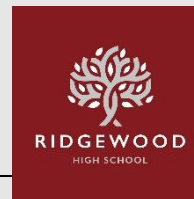


Key Stage 3 Food Curriculum Map



YEAR 7

Knowledge:

Pupils will be able to:

- Identify macro and micronutrients and explain why it is important to have a balanced diet.
- Apply nutritional knowledge to their own diets and plan a healthy meal.
- Analyse the nutrition in different foods and explain how they are suitable for certain age groups.
- Explain the effect that temperature has on bacteria and why it is important to store food correctly.
- Assess risk and plan how to work hygienically and safely.
- Explain how sauces thicken and the process of gelatinisation.
- Explain why the body needs carbohydrates and the difference between simple and complex carbohydrate.
- To identify what happens if too much carbohydrate is consumed in the diet.
- Explain why the body needs protein and the difference between high and low biological value.
- To identify what happens if too much protein is consumed.
- Explain why too much fat in the diet is bad for you.
- Analyse nutritional information and design healthier versions of meals.
- Identify which foods have a lot of sugar in them.
- Explain what affects people's food choice and how food is marketed for different needs and groups.

Skills

- Each product that pupils make introduces them to a new piece of equipment and skill.
- Pupils develop their ability to make healthy meals.

- Pupils aim to develop precision and accuracy and are introduced to a range of complex skills.

Key Assessment:

- Pupils receive mini tests throughout the rotation and an end of topic test to check their knowledge and understanding.
- Pupils are assessed on their making skills, particularly when making Cornish pasties, Bakewell tarts and pizza. They need to demonstrate independence, teamwork, accuracy, and precision.

Independent Study:

- Pupils will be set a weekly homework task through Microsoft Teams to reinforce what has been learnt in the lesson.

Tier 3 vocabulary: macronutrients, micronutrients, anaemia, immune system, vitamins, minerals, protein, complex carbohydrate, HBV, LBV, danger zone, bacteria, pathogenic, microorganism, celiac, lactose intolerance, Rastafarianism, Halal, Kosher, nutritional information, calories, criteria, gelatinisation, starch, roux, fermentation, carbon dioxide, yeast, gluten, knead, saturated, obesity, diabetes, kwashiorkor.

YEAR 9

Knowledge:

- Pupils will be able to explain the functions of different ingredients in relation to making cakes and pastries.
- Pupils will be able to explain the reaction that takes place when using raising agents.
- Pupils will be able to write a sensory evaluation using technical language.
- Pupils will be able to explain how heat is transferred to cook foods.
- Pupils will be able to identify different cuisine from various countries.

Skills:

- Pupils will be able to use the science learnt to make a small cake, Swiss roll, sausage rolls and chicken tikka masala.

Key Assessment:

- Pupils will be assessed on their making skills.
- Pupils will also have to prove their knowledge and understanding through a mid-point test and an end of unit test.

Independent Study

Homework will be exam style questions and multiple-choice quizzes.

Tier 3 vocabulary:

Coagulation, dextrinization, raising agent, acid, alkali, caramelisation, carbon dioxide, dense, aerated, aesthetics, sensory, precision, bitter, celiac, lactose intolerant, gluten, denaturation, enzyme, blanching, citric acid, dovetailing, oxidisation, reduction, starch, emulsion, velouté, béchamel, radiation, convection, conduction, gelatinisation.