

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Questions	-What is kitchen hygiene and safety? Give examples. -Name different types of equipment and their uses used to prepare food. -Describe how a cooker is used. -What technique do you use when cutting up ingredients? -What does the term 'healthy diet' mean? Give examples. -What cooking method do you use when cooking pasta?	- What are the 5 main nutrients found in food. -What does the term 'seasonal foods' mean? - Name 4 areas to consider when evaluating food products. - State 4 Cake making methods and give examples. - Describe different ways of decorating a cake. - List main ingredients needed in making fairy cakes and explain the function of each ingredient.	- What method do you use to make short crust pastry. - Give examples of products that use short crust pastry. -What are the main ingredients used in making bread rolls? - Explain the functions of ingredients in bread making? - Describe key rules to follow when handling, preparing and cooking raw chicken. - Explain with reasons how chicken/raw meat should be stored in the fridge?	-What is kitchen hygiene and safety? Give examples. -Name different types of equipment and their uses used to prepare food. -Describe how a cooker is used. -What technique do you use when cutting up ingredients? -What does the term 'healthy diet' mean? Give examples. -What cooking method do you use when cooking pasta?	- What are the 5 main nutrients found in food. -What does the term 'seasonal foods' mean? - Name 4 areas to consider when evaluating food products. - State 4 Cake making methods and give examples. - Describe different ways of decorating a cake. - List main ingredients needed in making fairy cakes and explain the function of each ingredient.	- What method do you use to make short crust pastry. - Give examples of products that use short crust pastry. - What are the main ingredients used in making bread rolls? - Explain the functions of ingredients in bread making? - Describe key rules to follow when handling, preparing and cooking raw chicken. - Explain with reasons how chicken/raw meat should be stored in the fridge?
Content: 'Know what'	-4C's of kitchen hygiene. -Safety precautions when using sharp equipment, a cooker and handling hot food. -Names of equipment and correct use of basic kitchen used in preparing and cooking food.	-The names of 5 main nutrients, their sources and their functions in the body. -What seasonal foods are; advantages and disadvantages of using seasonal foods. -Foods harvested in different seasons in the UK.	-Method used when making short crust pastry. -Pastry making rules and characteristics of a good quality pastry. -Steps in bread making. -Ingredients used in making bread and their functions. -Storing, preparing and cooking chicken.	-4C's of kitchen hygiene. -Safety precautions when using sharp equipment, a cooker and handling hot food. -Names of equipment and correct use of basic kitchen used in preparing and cooking food. -Name different parts of the cooker and how to use	-The names of 5 main nutrients, their sources and their functions in the body. -What seasonal foods are; advantages and disadvantages of using seasonal foods. -Foods harvested in different seasons in the UK.	-Method used when making short crust pastry. -Pastry making rules and characteristics of a good quality pastry. -Steps in bread making. -Ingredients used in making bread and their functions. -Storing, preparing and cooking chicken.

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KEY STAGE 3 CURRICULUM MAP

	-Name different parts of the cooker and how to use it when using the hob and oven cooking food. -Name components of the eat well plate. -Benefits of using the eat well plate and consequences of not using the eat well plate when planning and eating meals.	-Rubbing in method and creaming method of cake making. - Ingredients and their functions in cakes. -Different methods of decorating cakes.	-Equipment and hygiene and safety points to consider when preparing chicken e.g. use of meat thermometer to check if food is cooked; Using a red chopping board when preparing raw meat. -How to prevent cross contamination when working with high risk foods.	- it when using the hob and oven cooking food. -Name components of the eat well plate. -Benefits of using the eat well plate and consequences of not using the eat well plate when planning and eating meals.	-Rubbing in method and creaming method of cake making. - Ingredients and their functions in cakes. -Different methods of decorating cakes.	-Equipment and hygiene and safety points to consider when preparing chicken e.g. use of meat thermometer to check if food is cooked; Using a red chopping board when preparing raw meat. -How to prevent cross contamination when working with high risk foods.
Expertise: 'Know how'	-Practice the 4CS of kitchen hygiene and safety measures in preparing and cooking a fruit salad; pasta salad; fruit crumble; fruit scones and potato wedges with tomato dip. -Use the bridge and claw technique when cutting up fruit and vegetables to prepare fruit salad and pasta salad. -Identify kitchen hazards, their consequences and explain how these can be prevented for each practical session. -Demonstrate how basic kitchen equipment (measuring; preparing	-Identify nutrients found in different components of the eat-well plate. Explain the functions of the nutrients in the body. -Research seasonal foods in the UK. explain the benefits of using seasonal foods. -Create a poster/chart showing seasons and foods harvested in each season. -Show correct rubbing in method by rubbing in butter and flour using finger tips to making a fruit crumble and scone mixture. -Show creaming method in making fairy cakes.	-Use the rubbing in method to make short crust pastry – preparing and cooking jam tarts. - Follow a step by step method to prepare and cook bread. -Correct measurement and use of the oven. -Name basic ingredients in bread and their functions. -Show ways of preventing cross contamination and food poisoning when preparing and cooking chicken kebabs by using a meat knife, red chopping board and meat thermometer.	- Practice the 4CS of kitchen hygiene and safety measures in preparing and cooking a fruit salad; pasta salad; fruit crumble; potato wedges and fruit scones. -Identify kitchen hazards, their consequences and explain how these can be prevented for each practical session. -Demonstrate how basic kitchen equipment (measuring; preparing ingredients) and a cooker can be used in preparing and cooking food in each practical session. -Label and explain components of the eat well plate.	-Identify nutrients found in different components of the eat-well plate. Explain the functions of the nutrients in the body. -Research seasonal foods in the UK. explain the benefits of using seasonal foods. -Create a poster/chart showing seasons and foods harvested in each season. -Show correct rubbing in method by rubbing in butter and flour using finger tips to making a fruit crumble and scone mixture. -Show creaming method in making fairy cakes.	-Use the rubbing in method to make short crust pastry – preparing and cooking jam tarts. -Follow a step by step method to prepare and cook bread. -Correct measurement and use of the oven. -Name basic ingredients in bread and their functions. -Show ways of preventing cross contamination and food poisoning when preparing and cooking chicken kebabs by using a meat knife, red chopping board and meat thermometer.

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	ingredients) and a cooker can be used in preparing and cooking food in each practical session. -Label and explain components of the eat well plate. -Link government guide lines to healthy eating the eat well plate. -Adapting recipes to suit the government guidelines to healthy eating.	-Selection of ingredients and accurate measuring of ingredients in making apple crumble; fruit scones and fairy cakes. -Making glaze icing or piping butter icing to decorate cakes.		-Link government guide lines to healthy eating the eat well plate. -Adapting recipes to suit the government guidelines to healthy eating.	-Selection of ingredients and accurate measuring of ingredients in making apple crumble; fruit scones and fairy cakes. -Making glaze icing or piping butter icing to decorate cakes.	
Literacy/ Numeracy/ SMSC/	Marking and measuring out of ingredients Reading extracts from the online booklet In class discussions to help with oracy and saying key words with guided reading and reading aloud					
Careers	Class discussion on career pathways linking to designing, cooking and presenting food with science links Starter activities linked to careers					