

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Questions	-What is Safety. Give examples of safety practices -What are the safety procedures to follow in the food room. -What are the 4Cs of good kitchen hygiene? -Identify basic food preparation equipment. - Name main nutrients found in food and their functions in the diet. -Describe how to make a basic Bolognese sauce. -What are the main ingredients used in making muffins?	- What does the term 'Healthy Eating' mean? Give examples - What are the components of the Eat Well Plate and why is it important? -Explain how healthy eating can be promoted in our every day life. -What are the benefits of healthy eating? - What does the term 'vegetarian' mean? -Name different types of flour and sugar used to make food products. -Explain steps used in making a vegetarian pizza.	- Name information found on food packages. -What are the functions of ingredients used in making a Victoria sponge cake? -What are the types of meats and cuts of meat? -Explain how to store, handle and cook meat safely. -Describe how to create time plans -Name different types of pastries. -Describe the steps in preparing and cooking one pastry dish.	-What is Safety. Give examples of safety practices -What are the safety procedures to follow in the food room. -What are the 4Cs of good kitchen hygiene? -Identify basic food preparation equipment. - Name main nutrients found in food and their functions in the diet. -Describe how to make a basic Bolognese sauce. -What are the main ingredients used in making muffins?	- What does the term 'Healthy Eating' mean? Give examples - What are the components of the Eat Well Plate and why is it important? -Explain how healthy eating can be promoted in our everyday life. -What are the benefits of healthy eating? - What does the term 'vegetarian' mean? -Name different types of flour and sugar used to make food products. -Explain steps used in making a vegetarian pizza.	- Name information found on food packages. -What are the functions of ingredients used in making a Victoria sponge cake? -What are the types of meats and cuts of meat? -Explain how to store, handle and cook meat safely. -Describe how to create time plans -Name different types of pastries. -Describe the steps in preparing and cooking one pastry dish.
Content: 'Know what'	-The 4C's of good food to hygiene. -Food poisoning -Knife safety and skills -Correct and safe use of equipment -Eat well plate and government guidelines. -Main Nutrients; Carbohydrate, Protein,	-The names of macro and micro nutrients, their sources and their functions in the body. - What are seasonal foods; advantages and disadvantages of using seasonal foods.	-The nutritional analysis of existing cereals. -Traffic light system on food labels and how they help promote healthy eating -Demonstrate an understanding of the importance of preparing	-The 4C's of good food hygiene. -Food poisoning -Knife safety and skills -Correct and safe use of equipment -Eat well plate and government guidelines. -Main Nutrients; Carbohydrate, Protein,	-The names of macro and micro nutrients, their sources and their functions in the body. - What are seasonal foods; advantages and disadvantages of using seasonal foods.	-The nutritional analysis of existing cereals. -Traffic light system on food labels and how they help promote healthy eating -Demonstrate an understanding of the importance of preparing

	Fats, Vitamins and Minerals -Food sources of the nutrients -Know the functions of these nutrients in the body -what are the common nutrient deficiencies	Foods harvested in different seasons in the UK. -How to make starch sauces - roux sauce. -What is vegetarianism and what it involves? -What is Fairtrade? -Understand the gelation process - Know the different types of flour and their uses -The different types of sugar and their uses - Working characteristics of flour and sugar	and cooking meat appropriately. -How to prevent cross contamination - Types of pastries and their uses	Fats, Vitamins and Minerals -Food sources of the nutrients -Know the functions of these nutrients in the body -what are the common nutrient deficiencies	Foods harvested in different seasons in the UK. -How to make starch sauces - roux sauce. -What is vegetarianism and what it involves? -What is Fairtrade? -Understand the gelation process - Know the different types of flour and their uses -The different types of sugar and their uses - Working characteristics of flour and sugar	and cooking meat appropriately. -How to prevent cross contamination - Types of pastries and their uses
Expertise: 'Know how'	Complete tasks on; -Hazards, consequence and prevention Safety in the kitchen -Good food hygiene - Practice the 4CS of kitchen hygiene and safety measures in food preparation -Make products using the rubbing-in method -Follow the correct use of equipment e.g. knife skills-the bridge and claw technique	-Handling, preparation and cooking meat-cooking chicken kebabs. - Designing food products-Vegetarian Pizza -Complete tasks on; -Carry out research on Fairtrade -Demonstrate knowledge of how flour is produced. The different types of flours and their uses -The sources of sugar. The function of sugar in diet and nutrition. The benefits and the impact of too much sugar -Sugar substitutes	-Evaluating food products. -Designing own burger and demonstrating good food hygiene and prevention of cross contamination by using separate knife and correct colour chopping board for meat and vegetables - Make Fruits Muffins, - Making cheesecake - Using the rubbing in method to prepare short crust pastry -Make samosas using filo pastry -Evaluating food products	Complete tasks on; -Hazards, consequence and prevention Safety in the kitchen -Good food hygiene - Practice the 4CS of kitchen hygiene and safety measures in food preparation -Make products using the rubbing-in method -Follow the correct use of equipment e.g. knife skills-the bridge and claw technique	- Handling, preparation and cooking meat-cooking chicken kebabs. - Designing food products - Vegetarian Pizza -Complete tasks on. -Carry out research on Fairtrade -Demonstrate knowledge of how flour is produced. The different types of flours and their uses -The sources of sugar. The function of sugar in diet and nutrition. The benefits and the impact of too much sugar -Sugar substitutes	-Evaluating food products. -Designing own burger and demonstrating good food hygiene and prevention of cross contamination by using separate knife and correct colour chopping board for meat and vegetables - Make Fruits Muffins, - Making cheesecake - Using the rubbing in method to prepare short crust pastry -Make samosas using filo pastry -Evaluating food products -Nutritional information on a food label

ICKNIELD HIGH SCHOOL
KEY STAGE 3 CURRICULUM MAP

		-Design and make products from flour and sugar. -Adapting recipes to make them more healthy	-Nutritional information on a food label		-Design and make products from flour and sugar. -Adapting recipes to make them more healthy	
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					