

# Food KS3

Students will be provided with all the ingredients required for all the practical and food investigation experiments for a fixed food cost. By paying this fixed amount parents will not have to worry about purchasing small amounts of food ingredients, therefore save time by not having to go last minute shopping. This will enable us to expand our culinary skills and produce a wider range of foods. Should there be any specific dietary requirement then those additional ingredients or substitutions will need to be made by the individual.

	<b>AUTUMN TERM</b>	<b>SPRING TERM</b>	<b>SUMMER TERM</b>
<b>Year 7</b>	<p>Food and Nutrition in year 7 is all about healthy eating and the safe use of kitchen equipment and the preparation, cooking and storage of food. Students will travel through a food journey and be able to prepare; cook and understand the functional properties of food. We have an exciting new curriculum which is constantly evolving and will equip students with an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety. Students learn the necessary skills to be able to prepare and cook a range of foods using the correct methods and techniques.</p> <p>Recipe Examples: Seasonal Fruit Salads; Souper Soups; Savoury Muffins; Roast Vegetable Bake; Sauce making; Risottos and meat and fish preparation.</p>	<p>As per the Autumn term. The focus on practical cooking skills gives students a thorough understanding of the safe use and control when using different cooking methods. Students develop a range of life skills that enable them to be independent and able to plan and prepare nutritious meals for themselves and others. Throughout KS3 we examine where and how a variety of ingredients are grown, reared, caught, and processed, and consider sustainability and the impact of different choices on the environment. Students learn to recognise the wide range of factors involved in food and drink choice, including influences such as preference, ethical belief, availability, season, need, cost, packaging, food provenance, culture, religion, allergy/intolerance, advertising, body image and peer pressure.</p>	As per the previous terms
<b>Year 8</b>	<p>Food and Nutrition in Year 8 is all about Healthy Eating and the balance of good health. Students will travel through a food journey and be able to prepare; cook and understand the functional properties of food. Students will learn the health and safety of food and food storage as well and develop their cooking skills through a variety of different cooking challenges which range in skills and techniques. The curriculum is constantly evolving and will equip students with an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety.</p> <p>Recipe Examples: Vegetable preparation; Curries; Ragu; Fish Pie; Bread; Pizza; Jambalaya; Seasonal Fruit Pies; Sponges</p>	<p>As per the Autumn term. The focus on practical cooking skills gives students a thorough understanding of nutrition, food provenance and the working characteristics of food materials. Throughout KS3 we examine Macro and Micro nutrients and understand the importance of these nutrients in our diet and the consequences of over or under supply. We will investigate the reasons people eat the food they eat and explore menus and diets that different people need through life and consider the effects of allergies and dietary choice.</p>	As per the previous terms

<p><b>Year 9</b></p>	<p>Food and Nutrition in Year 9 is all about developing and expanding students understanding of food and food commodities. Students will learn a range of food preparation skills such as dough making; pastry making; meat and fish preparation; sauce making and setting agents. They will learn to plan and prepare their own dishes to meet the needs of the consumer. Through a series of demonstrations and practical activities students will expand their cooking skills, in the preparation of healthy well balanced and cost effective dishes that reflect the seasonality of our foods.</p> <p>Recipe Examples: Swiss roll; scones; enriched bread, pastries, roasting and sauce making; pasta making, savoury and sweet pies</p>	<p>As per the Autumn term. The focus on practical cooking skills gives students a thorough understanding of nutrition, food provenance and the working characteristics of food materials. Throughout KS3 we examine where and how a variety of ingredients are grown, reared, caught, and processed, and consider sustainability and the impact of different choices on the environment. Students learn to recognise the wide range of factors involved in food and drink choice, including influences such as preference, ethical belief, availability, seasonality, allergy/intolerance the future of food.</p>	
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**Useful Links: Food Technology**

<http://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/405328/Food\\_preparation\\_and\\_nutrition\\_180215.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/405328/Food_preparation_and_nutrition_180215.pdf)

<http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/>

<http://explorefood.foodafactoflife.org.uk/>

<http://www.foodafactoflife.org.uk/>