



## Curriculum Plan Key Stage 3

### Food and Nutrition

Academic year: 2019/20		Head of Department: Mr G Morton <a href="mailto:g.morton@todhigh.co.uk">g.morton@todhigh.co.uk</a>	
<b>Term 1</b>			
<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	
<p>In Term 1, Year 7 cover basic cookery techniques such as knife skills and using key kitchen equipment. Health and Safety is also covered in detail to ensure pupils remain safe during practical lessons. Practical lessons build up a solid skills base of basic recipes design to increase basic kitchen skills such as heat techniques and knife work.</p> <p>Practical Lessons:</p> <ul style="list-style-type: none"> <li>Salsa</li> <li>Soup</li> <li>Eggs</li> <li>Flapjack</li> <li>Knife training</li> </ul>	<p>Year 8 begins with a detailed look into food storage and safety, enabling them to further their food hygiene knowledge. Higher level skills are looked at such as meat handling and more advanced knife work.</p> <p>Student also look into baking theory such as pastry making and bread making and take part in practical sessions to accompany this.</p> <p>Practical sessions cover more in depth skills and recap what has been covered in Year 7</p> <p>Practical lessons</p> <ul style="list-style-type: none"> <li>Bolognese</li> <li>Soup</li> <li>Bread</li> <li>Pastry</li> </ul>	<p>Year 9 begins with a look at food microbiology and the effects of microbes on food. Main meal based practicals are undertaken with emphasis of fresh ingredients, staple products and family meals.</p> <p>Year 9 also begin to local a food issues such as farming, free range and the red tractor system.</p> <p>Practical Lessons:</p> <ul style="list-style-type: none"> <li>Minestrone soup</li> <li>Curry</li> <li>Fajitas</li> <li>Egg Fried Rice</li> </ul>	
<b>Term 2</b>			
<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	
<p>Year 7 continue to develop their skills and knowledge in Food with a lot of emphasis on practical based activities. Pupils attempt higher level dishes involving more processes. Pupils also look at developing a balanced diet and healthy eating.</p> <p>Toward the end of the rotation, pupils look at meat cookery and make a popular takeaway dish.</p> <p>Practical sessions</p> <ul style="list-style-type: none"> <li>Potato and chickpea curry</li> <li>Chicken Tikka kebabs</li> <li>Shortbread</li> </ul>	<p>Year 8 continue to look at different baking skills with pastry making and bread making continuing. They also look at healthy eating and nutrition with the functions of nutrients and a balanced diet being explored. Year 8 also looks at food provenance with farm to fork being explored including fish farming and cookery</p> <p>Practical sessions:</p> <ul style="list-style-type: none"> <li>Fish parcels</li> <li>Crumble</li> <li>Pizza</li> </ul>	<p>Year 9 continues with a closer look at global food issues such as food waste, food poverty and food security. They also look at influences of food choices and problems with an unhealthy diet.</p> <p>Practical sessions continue with a main meal theme with some baking practical sessions alongside.</p> <p>Practical sessions:</p> <ul style="list-style-type: none"> <li>Thai Green Curry</li> <li>Brownies</li> <li>Risotto</li> </ul>	
<b>Term 3</b>			
<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	
<p>Key Stage 3 follow a rotation system where pupils move on half way during term two. Pupils joining Food and Nutrition will follow the same programme as stated in term one to ensure all cover the same skills and knowledge by the end.</p>	<p>Key Stage 3 follow a rotation system where pupils move on half way during term two. Pupils joining Food and Nutrition will follow the same programme as stated in term one to ensure all cover the same skills and knowledge by the end.</p>	<p>Key Stage 3 follow a rotation system where pupils move on half way during term two. Pupils joining Food and Nutrition will follow the same programme as stated in term one to ensure all cover the same skills and knowledge by the end.</p>	

<b>Homework</b>		
<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
Homework is set according to THS policy at various stages during the school calendar. This is related to the topics set during class and consist of theory worksheets and larger scale projects such as creating recipe books to reinforce practical lessons, skills and techniques covered.	Homework is set according to THS policy at various stages during the school calendar. This is related to the topics set during class and consist of theory worksheets and larger scale projects such as creating recipe books to reinforce practical lessons, skills and techniques covered.	Homework is set according to THS policy at various stages during the school calendar. This is related to the topics set during class and consist of theory worksheets and larger scale projects such as creating recipe books to reinforce practical lessons, skills and techniques covered.
<b>Assessment</b>		
<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
<p>Students undertake a regular written assessment based on the theory covered in the previous weeks, this encompasses basic single answer questions up to GCSE equivalent long answer questions.</p> <p>Students are also graded on their practical ability were appropriate. Both these are taken into account when awarding grades to students.</p>	<p>Students undertake a regular written assessment based on the theory covered in the previous weeks, this encompasses basic single answer questions up to GCSE equivalent long answer questions.</p> <p>Students are also graded on their practical ability were appropriate. Both these are taken into account when awarding grades to students.</p>	<p>Students undertake a regular written assessment based on the theory covered in the previous weeks, this encompasses basic single answer questions up to GCSE equivalent long answer questions.</p> <p>Students are also graded on their practical ability were appropriate. Both these are taken into account when awarding grades to students.</p>