



KS3

Food and Nutrition
at Todmorden High School

This is a 13 week rotation.

Key Stage 3 rotation

Year 7

Content	Health, safety and hygiene	Hazards Theory Lesson	Knife work	Salsa Knife skills and safety	Crepes Hobs and heat control	Flapjack Weighing and using an oven safely	Kitchen uniform (Theory Lesson)
Assessment				Diagnostic mark (practical)			
				Knife Skills			
Home Learning			Carousel quiz: Knives			Carousel quiz: Ovens	

Year 8

Content	Health, Safety and Hygiene	Knife Safety	Vegetable soup Knife work/Blending	Bolognese Frying and veg preparation	Bread Dough Bread making skills	Pizza Shaping, assembling and baking	Balance of Good Health (Theory Lesson)
Assessment			Diagnostic mark (practical)				
			Health, safety and hygiene				
Home Learning			Carousel quiz: Hygiene			Carousel quiz: Bread	

Year 9

Content	Health, Safety and Hygiene	Ciambotta Knife work and heat control	Fajitas Meat Handling	Egg Fried Rice Rice cookery	Food Waste (Theory Lesson)	Carrot cake Weighing and baking	Chicken Curry Using spices and meat handling
Assessment			Diagnostic mark (practical)				
			Health, safety and hygiene				
Home Learning			Carousel quiz: Hygiene			Carousel quiz: Food Waste	

Key Stage 3 rotation

Year 7

Content	Mixed Bean Chilli Multi skill practical – knife, hob, simmering	Spinach, Chickpea and potato curry Multi skill lesson – knife, hob, hygiene	Cross Contamination Theory	Chicken Tikka Wraps Meat Handling	Shortbread Weighing and shaping
Assessment	Diagnostic mark (practical) Culinary Skill				
Home Learning			Carousel quiz: Cross Contamination		

Year 8

Content	Crumble Rubbing in method, fruit preparation	Sausage Chilli Vegetarian dishes and products	Pasta/Sauce Sauce making/pasta cooking	Allergies Theory	Biscuits Weighing, shaping and cutting
Assessment	Diagnostic mark (practical) Culinary Skills				
Home Learning				Carousel quiz: Allergies	

Year 9

Content	Brownies Melting method	Risotto Rice cookery/using dried ingredients	Food Poverty Theory lesson	Lamb Koftas Shaping and frying	Pastry Pastry making and techniques.
Assessment	Diagnostic mark (practical) Culinary Skills				
Home Learning			Carousel quiz: Food Poverty		