

Key Stage 3 Overview Year 7	KS3 Module 1: Food Safety (Year 7 Module 1 of 9)	KS3 Module 2: Diet & Nutrition (Year 7 Module 2 of 9)	KS3 Module 3: Food Hygiene & Seasonality (Year 7 Module 3 of 9)
	Knowledge <i>What pupils will know</i>	Knowledge <i>What pupils will know</i>	Knowledge <i>What pupils will know</i>
	Food Safety and Food Related Illness <ul style="list-style-type: none"> - Exploring the kitchen/rules. - Hazards and risks in the kitchen 4C's - Personal, general and food hygiene 	Principals of Nutrition <ul style="list-style-type: none"> - Introduction to the Eat Well Guide Diet and Good Health <ul style="list-style-type: none"> - Importance of having a balanced diet and healthy lifestyle 	Food Safety and Food Related Illness <ul style="list-style-type: none"> - Microbes, temperatures, 4Cs, pathogens, food poisoning - Working with raw meat- chicken Diet and Good Health <ul style="list-style-type: none"> - Is your meal healthy and nutritious? Food Provenance <ul style="list-style-type: none"> - Know that food is imported into the UK from around the world.
	Skill <i>What pupils will be able to do</i>	Skill <i>What pupils will be able to do</i>	Skill <i>What pupils will be able to do</i>
	Research <ul style="list-style-type: none"> - What hazards are there in the food room in school? - How does cross-contamination occur? - What are different coloured chopping boards for? (green and red) Analysis & Evaluate <ul style="list-style-type: none"> - Analyse general, personal and food hygiene Food Preparation <ul style="list-style-type: none"> - Fruit salad - Tomato ragu 	Research <ul style="list-style-type: none"> - What is a micronutrient? - What is a macronutrient? - Apply research to plan a healthy dish Design & Develop <ul style="list-style-type: none"> - Apply nutrient knowledge to design a pizza Analysis & Evaluate <ul style="list-style-type: none"> - Evaluate a dish - Analyse ingredients using the Eatwell Guide Food Preparation <ul style="list-style-type: none"> - Pitta Pizza 	Research <ul style="list-style-type: none"> - How do location and time affect food? - Where does my food come from? - What are food miles? Analysis & Evaluate <ul style="list-style-type: none"> - Is your meal healthy and nutritious? Food Preparation <ul style="list-style-type: none"> - Chicken Goujons - Seasonal Muffins

Key Stage 3 Overview Year 8	KS3 Module 4: Kitchen Hygiene & Food Safety <i>(Year 8 Module 4 of 9)</i>	KS3 Module 5: Nutrition <i>(Year 8 Module 5 of 9)</i>	KS3 Module 6: Nutrition & Special Diets <i>(Year 8 Module 6 of 9)</i>
	Knowledge <i>What pupils will know</i>	Knowledge <i>What pupils will know</i>	Knowledge <i>What pupils will know</i>
	Food Safety and Food Related Illness <ul style="list-style-type: none"> - Basic kitchen hygiene - Pathogenic bacteria - 4C's - Basic kitchen hygiene - Risks associated with food preparation. - Key temperatures 	Principals of Nutrition <ul style="list-style-type: none"> - Introduction to the Eat Well plate, hydration, micronutrients, macronutrients, coagulation, protein, milk, alternative protein, meat Diet and Good Health <ul style="list-style-type: none"> - Importance of having a balanced diet and healthy lifestyle, eggs, bread, gluten, religious diets, vegetarian diets Food Provenance <ul style="list-style-type: none"> - Egg farming, Dairy Farming 	Diet and Good Health <ul style="list-style-type: none"> - Impact of allergy and intolerance symptoms on diet & health, coeliac diets, common allergens Diet and Good Health <ul style="list-style-type: none"> - Is your meal healthy and nutritious? Flour, fats, know how to use the Eatwell guide to plan a meal Food Science <ul style="list-style-type: none"> - Gelatinisation, dextrinization, coagulation, retrogradation, emulsification Food Provenance <ul style="list-style-type: none"> - Know popular ingredients, staple foods, cooking techniques and traditional dishes from other countries.
	Skill <i>What pupils will be able to do</i>	Skill <i>What pupils will be able to do</i>	Skill <i>What pupils will be able to do</i>
Research <ul style="list-style-type: none"> - How does cross-contamination occur? - What are different coloured chopping boards for? - Find out four important temperatures linking to food. Why are they important? Analysis & Evaluate <ul style="list-style-type: none"> - Analyse food poisoning bacteria Food Preparation <ul style="list-style-type: none"> - Vegetable pasta salad, Apple Crumble, Chocolate Log 	Research <ul style="list-style-type: none"> - Research a 'Souffle', how is it made and how are eggs used. What is their function? - What is cheese, what's it made from? - How is yoghurt made? Research using YouTube and Google. Watch a video, read an article and then explain the process using text and images. Analysis & Evaluate <ul style="list-style-type: none"> - Analyse a healthy diet - Compare differences between whole, semi-skimmed and skimmed milk. - Analyse recipes- suitable meals for an adolescent. - Why do people choose to be vegetarian? Food Preparation <ul style="list-style-type: none"> - Eggs, bread, vegetarian Chilli 	Research <ul style="list-style-type: none"> - Fact find-Special dietary requirements, allergies & intolerances - Fact find-vitamins and minerals; functions, sources, what happened if we consume too much or too little? - International cuisines Design & Develop <ul style="list-style-type: none"> - Plan, prepare and serve a meal suitable for a teenager Analysis & Evaluate <ul style="list-style-type: none"> - Is your meal healthy and nutritious? - Evaluate the results of a food science experiment Food Preparation <ul style="list-style-type: none"> - Chicken Fajitas, white sauce (gelatinisation) 	
K	KS3 Module 7: Food Safety & Legislation	KS3 Module 8: Diet through Life	KS3 Module 9: Commodities

<i>(Year 9 Module 7 of 9)</i>	<i>(Year 9 Module 8 of 9)</i>	<i>(Year 9 Module 9 of 9)</i>
<p>Knowledge What pupils will know</p> <p>Food Safety and Food Related Illness</p> <ul style="list-style-type: none"> - Cross-contamination (4C's), food poisoning, pathogens, hazards, risk assessments <p>Principals of Nutrition</p> <ul style="list-style-type: none"> - Importance of the Eatwell Guide. Relate the Eatwell Guide to obesity and healthy well-being. <p>Food Provenance</p> <ul style="list-style-type: none"> - Food labelling, HASAWA, HACCP, Due Diligence 	<p>Knowledge What pupils will know</p> <p>Diet and Good Health</p> <ul style="list-style-type: none"> - Diet related illness, Diet changes through life stages e.g. pregnancy, elderly, BMI, Risks of obesity, Sensory perception, Religious food choice and needs <p>Principals of Nutrition</p> <ul style="list-style-type: none"> - Eatwell guide, Energy balance, Fortification - Trace elements- copper, fluoride, selenium, iron, potassium, B Vitamins; What do they do and what foods are they found in? <p>Food Provenance</p> <ul style="list-style-type: none"> - Food labelling, Farm assured, Food miles, Umami, genetically modified food 	<p>Knowledge What pupils will know</p> <p>Diet and Good Health</p> <ul style="list-style-type: none"> - Dangers of overeating <p>Principals of Nutrition</p> <ul style="list-style-type: none"> - Nutrition in eggs, Meat, poultry, Nutritional properties of fruit and vegetables, Nutritional properties of cereals, what makes cakes rise? Wheat, rice and cereals, legumes, vegetables and fruit <p>Food Provenance</p> <ul style="list-style-type: none"> - Meat production, Explain the term food provenance and link to food commodities, Food processing <p>Environment and Sustainability</p> <ul style="list-style-type: none"> - Impact of food packaging on the environment <p>Food Safety and Food Related Illness</p> <ul style="list-style-type: none"> - Correct storage of food to prolong freshness
<p>Skill What pupils will be able to do</p>	<p>Skill What pupils will be able to do</p>	<p>Skill What pupils will be able to do</p>
<p>Research</p> <ul style="list-style-type: none"> - Health and safety at work act (HASAWA), Due diligence in the food industry, what does HACCP stand for? Health and safety training in the workplace UK food laws <p>Design & Develop</p> <ul style="list-style-type: none"> - Create a risk assessment <p>Food Preparation</p> <ul style="list-style-type: none"> - Stir fry, Bolognese, Muffins 	<p>Research</p> <ul style="list-style-type: none"> - Investigate diet related illnesses, Fortification - Investigate the meaning of 'farm assured' and 'food miles', Investigate the meaning of 'organic' and 'fair trade' <p>Analysis & Evaluate</p> <ul style="list-style-type: none"> - Diet through life stages e.g. pregnancy, elderly, Sensory perception, Discuss advantages and disadvantages of genetically modified foods, Sensory perception <p>Food Preparation</p> <ul style="list-style-type: none"> - Chillli Nachos, Fiorentina baked pasta, Cottage pie 	<p>Research</p> <ul style="list-style-type: none"> - What is a food commodity? Investigate the different types of bread flour and wheat that are used in the bread making process, what is it made from, how is prepared and cooked? Investigate red meat, what are the different types, what animal do they come from and how are they cooked? Investigate poultry, what are the different types, what animal do they come from and how are they cooked? <p>Analysis & Evaluate</p> <ul style="list-style-type: none"> - Analyse the importance of food commodities within the catering industry, analyse food packaging and labelling, Compare the nutrition and properties of meat and poultry, Analyse the dangers of overeating <p>Food Preparation</p> <ul style="list-style-type: none"> - Cake in a box, Deli bar sandwich