



KS3 FOOD CURRICULUM MAP

FURTHER STUDY

CAREER PATHS

SKILLS

KS4 Food and Nutrition

Chef, Catering, Hospitality, Dietitian

Creative production and design, evaluation

Assessment: practical production – carrot cake, soda bread

Design task

Assessment: end of rotation assessment on the knowledge covered in this rotation

Designing and Developing Dishes

- design and decoration
- vitamins
- minerals
- protein
- carbohydrates
- sustainability
- food waste

Specific Nutritional Needs

- understanding of function, sources, deficiency and excess
- modifying recipes to meet specific dietary needs
- different ingredients from different cultures



Assessment: target group food planning and design

Practical assessment: chocolate mousse

Transition and Consolidation from Year 7 and 8

- food preparation and production
- principles of design
- skilled use of equipment
- macro-nutrients
- micro-nutrients



Pastry

- different pastry types
- doughs
- pastry ingredients
- raising agents
- food preparation
- food production

Design

- plan and design a dish for a specific purpose
- target groups
- food preparation
- decorative techniques
- use of flavours
- uniformity

Assessment: practical production – light lunch

Assessment: end of rotation assessment on the knowledge covered in this rotation

Healthy Eating

- food types
- cooking methods
- design a dish
- temperature control
- portion control
- understanding and applying the eat-well guides
- nutrition values
- seasonal foods

Cook Confidently

- combining ingredients
- weigh and measure
- prepare ingredients and equipment
- select and adjust cooking times
- judge and modify



Transition and Consolidation from Year 7

- food types
- hygiene and safety
- healthy eating
- sustainability
- Fairtrade ingredients

Assessment: end of rotation assessment on the knowledge covered in this rotation

Assessment: practical assessment for focaccia

Applying the Principles of Nutrition

- understanding hygiene and safety
- knife skills
- temperature control
- preparing fruit and vegetables
- using equipment



Assessment: practical assessments covering the production of scones, bread rolls, layered salad and burgers

Assessment: baseline test establishing prior knowledge, learning and experiences

FOOD SKILL

Weighing and Measuring

FOOD SKILL

Nutrition Analysis

FOOD SKILL

Evaluation

FOOD SKILL

Preparation and Production