Food/Catering Key Stage 3 Curriculum 2024 - 2025

1 Lesson per fortnight each year group

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Year 7 | | | Year 8 | | | Year 9 | | |
|  | Knowledge and skills | Enrichment | Additional information e.g. Cross- Curricular | Knowledge and skills | Enrichment | Additional information e.g. Cross- Curricular | Knowledge and skills | Enrichment | Additional information e.g. Cross- Curricular |
| Cycle 1 | **Introduction to food skills and nutrition**  Hygiene and safety.  Eatwell Guide  How to write a dish proposal  ***Practical work:***  ***Layered salad***  ***Pizza toast***  Assessment:  Pizza toast proposal  and practical outcome | Gardening club | annotation:  English  Communication: annotation of proposal. Verbal communication in kitchens  Collaborative working: practical lessons  Careers: chef | **Diet and life stage**  Dietary needs at different life stages  Protein & Calcium  Pizza proposal  ***Practical work:***  ***Yeast based dough Pizza***  ***Sausage rolls***  Assessment:  Pizza proposal and practical outcome | Gardening club | Communication: annotation of proposal. Verbal communication in kitchens  Collaborative working: practical lessons  Careers: food manufacturing inspector | **Introduction to the industry**  Importance of good nutrition  Role of EHO  World foods  ***Practical work:***  **Fajitas**  **Torrijas (MFL collaboration)**  **Enchiladas**  Assessment:  practical outcomes | Gardening club | Communication: terminology related to job roles Verbal communication in kitchens  Collaborative working: practical lessons  Careers: wait staff front of house staff  MFL Collaboration Torrijas |
| Cycle 2 | **Ethical and social issues**  Food assurance schemes  Introduction to production plans  Self-reflection /Evaluation  ***Practical work:***  ***Chicken nuggets***  ***Muffins***  ***Stir fry***  Assessment:  Chicken nuggets  Production plan and outcome  Muffins proposal | Gardening club | Communication: writing step-by step plans, being able to follow a plan. Verbal communication in kitchens  Collaborative working: practical lessons  Careers: baker | **Environmental issues**  Process of gelatinisation  Standard components in food.  Burger proposal  Fats  ***Practical work:***  ***Macaroni Cheese***  ***Chilli Nachos***  ***Turkey burgers***  Assessment:  Burger proposal  Fats assessment | Gardening club | Communication: writing step-by step plans, being able to follow a plan. Verbal communication in kitchens  Collaborative working: practical lessons  Careers: chef de partie | **World foods**  Street foods/Writing dish proposals  Future of food  Environment and agriculture  **Practical work:**  **Samosas (sweet)**  **Caribbean Curry**  Assessment:  Dish proposal | Gardening club | Food and environmental issues/Food security:  Science  Communication: annotation of proposal. Verbal communication in kitchens  Collaborative working: practical lessons  Careers: street food trader |
| Cycle 3 | **Consumer choice and healthy eating**  Carbohydrates  Seasonal foods  ***Practical work:***  ***Scones***  ***Koftas***  ***Apple crumble***  Assessment:  Carbohydrates  End of year test | Gardening club | Carbohydrates: Science (cycle 1) | **Ethical issues**  Traceability  Animal welfare  Self-reflection /Evaluation  Vitamins.  **Practical work:**  **Lamb Rogan Josh**  **Mini Frittatas**  Assessment:  Function of fats  End of year test | Gardening club | Vocab  Religion: RE  Communication: writing step-by step plans, being able to follow a plan. Verbal communication in kitchens  Collaborative working: practical lessons  Careers: EHO | **Future of food**  Local v global environmental issues.  Production planning MFL collaborative project  **Practical work:**  **Savoury rice**  **Mediterranean tart**  **Chinese chicken**  Assessment:  Production Plan  End of year test | Gardening club | Food Practical skills: MFL  Communication: application of key terminology in correct context. Verbal communication in kitchens  Collaborative working: practical lessons  Careers: food scientist |