Food/Catering Key Stage 3 Curriculum 2024 - 2025

1 Lesson per fortnight each year group

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|  | 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 GuideHow to write a dish proposal***Practical work:******Layered salad******Pizza toast*** Assessment:Pizza toast proposaland practical outcome  | Gardening club | annotation:EnglishCommunication: annotation of proposal. Verbal communication in kitchensCollaborative working: practical lessonsCareers: 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 kitchensCollaborative working: practical lessonsCareers: food manufacturing inspector | **Introduction to the industry**Importance of good nutritionRole of EHOWorld foods***Practical work:*****Fajitas****Torrijas (MFL collaboration)****Enchiladas**Assessment:practical outcomes | Gardening club | Communication: terminology related to job roles Verbal communication in kitchensCollaborative working: practical lessonsCareers: wait staff front of house staffMFL Collaboration Torrijas |
| Cycle 2 | **Ethical and social issues**Food assurance schemesIntroduction to production plans Self-reflection /Evaluation***Practical work:******Chicken nuggets*** ***Muffins******Stir fry***Assessment:Chicken nuggetsProduction plan and outcomeMuffins proposal | Gardening club | Communication: writing step-by step plans, being able to follow a plan. Verbal communication in kitchensCollaborative working: practical lessonsCareers: baker | **Environmental issues**Process of gelatinisationStandard components in food. Burger proposalFats***Practical work:******Macaroni Cheese******Chilli Nachos******Turkey burgers*** Assessment:Burger proposalFats assessment   | Gardening club | Communication: writing step-by step plans, being able to follow a plan. Verbal communication in kitchensCollaborative working: practical lessonsCareers: chef de partie | **World foods** Street foods/Writing dish proposalsFuture of foodEnvironment and agriculture**Practical work:****Samosas (sweet)****Caribbean Curry** Assessment:Dish proposal  | Gardening club | Food and environmental issues/Food security:ScienceCommunication: annotation of proposal. Verbal communication in kitchensCollaborative working: practical lessonsCareers: street food trader |
| Cycle 3 | **Consumer choice and healthy eating**CarbohydratesSeasonal foods ***Practical work:******Scones******Koftas******Apple crumble***Assessment:CarbohydratesEnd of year test | Gardening club | Carbohydrates: Science (cycle 1) | **Ethical issues**TraceabilityAnimal welfareSelf-reflection /EvaluationVitamins. **Practical work:****Lamb Rogan Josh****Mini Frittatas**Assessment:Function of fatsEnd of year test  | Gardening club | Vocab Religion: RECommunication: writing step-by step plans, being able to follow a plan. Verbal communication in kitchensCollaborative working: practical lessonsCareers: 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: MFLCommunication: application of key terminology in correct context. Verbal communication in kitchensCollaborative working: practical lessonsCareers: food scientist |