



# Food Studies Key Stage 3 Curriculum Overview

7	<div> <div>Week 1</div> <div>←</div> <div>→</div> <div>Week 39</div> </div>		
	<i>Build Your Skills</i>	<i>Cereals and Staple Foods</i>	<i>Five-a-Day, That's The Way.</i>
<div>Key content</div> <div>(know that...Know how...)</div>	<ul style="list-style-type: none"> <li>• hygiene and safety, learning rules and routines of the food room are important</li> <li>• Basic Knife skills the bridge and the claw.</li> <li>• Use basic equipment to make a dish.</li> <li>• Food is tasted, zones of the tongue and use of descriptive words.</li> <li>• Learning to weigh and measure.</li> <li>• Introduction to the Eatwell Guide, basic nutrition and balanced meals.</li> <li>• The creaming method and use of the oven.</li> <li>• Presentation and basic cake decorating.</li> <li>• Fibres role in the body and where it is found.</li> <li>• Recipe modification</li> <li>• Rubbing in method, peeling coring and revision of knife skills.</li> <li>• The melting method.</li> <li>• Introduction to seasonality</li> <li>• The importance of timing in practical lessons.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to cereal crops and what they are used.</li> <li>• Staple foods, what they are, different staples for different countries.</li> <li>• Revision of the melting method and using cereal crops in caked products.</li> <li>• Learning to use the grill, and introducing sensory analysis skills.</li> <li>• Using maize, how popcorn is made and development of sensory analysis skills.</li> <li>• Learning about breads ingredients, and the processes involved, kneading and proving a dough.</li> <li>• Using sensory analysis skills to compare different products.</li> <li>• Learning about rice and it's uses, revision of using the hob and knife skills.</li> <li>• Basic nutritional analysis of a dish.</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to fruit and vegetables and nutrients they provide, importance of 5 a day.</li> <li>• Introduction to designing to a specification.</li> <li>• Recipe modification for sweet and savoury products.</li> <li>• Planning for a practical.</li> <li>• Skills development and the importance of presentation.</li> <li>• Evaluating a dish.</li> <li>• Using fruit in creative ways.</li> <li>• Educating others about the importance of 5 a day.</li> <li>• Teamwork skills and using potatoes.</li> </ul>

Prior Knowledge	<ul style="list-style-type: none"> <li>• Some basic knowledge of where food comes from</li> <li>• Some basic knowledge of healthy eating and the Eatwell Guide.</li> <li>• (Not all primary schools cover this)</li> </ul>	<ul style="list-style-type: none"> <li>• Some knowledge about balanced meals.</li> <li>• Some knowledge on the different sections of the Eatwell guide and foods in each section.</li> <li>• Basic knowledge of different equipment and their uses.</li> <li>• Know how to weigh and measure.</li> <li>• Using more descriptive words when describing foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Knowledge of cereals staple foods</li> <li>• Some knowledge on the different sections of the Eatwell guide and foods in each section.</li> <li>• Basic knowledge of different equipment and their uses.</li> <li>• Know how to weigh and measure.</li> <li>• Using more descriptive words when describing foods.</li> <li>• Understanding of fibre and its function in the body.</li> <li>• Using descriptive words to describe food.</li> </ul>
KS3 National Curriculum Links	<ul style="list-style-type: none"> <li>• Understand and apply the principles of nutrition and health</li> <li>• Become competent in a range of cooking techniques [selecting and preparing ingredients]</li> <li>• Become competent in a range of cooking techniques [using utensils and electrical equipment]</li> <li>• Become competent in a range of cooking techniques [applying heat in different ways]</li> <li>• Become competent in a range of cooking techniques [using awareness of taste, texture and smell to decide how to season dishes and combine ingredients]</li> <li>• Become competent in a range of cooking techniques [adapting and using their own recipes]</li> </ul>	<ul style="list-style-type: none"> <li>• Become competent in a range of cooking techniques [selecting and preparing ingredients]</li> <li>• Become competent in a range of cooking techniques [using utensils and electrical equipment]</li> <li>• Become competent in a range of cooking techniques [applying heat in different ways]</li> <li>• Become competent in a range of cooking techniques [adapting and using their own recipes]</li> <li>• Understand the source, seasonality and characteristics of a broad range of ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Become competent in a range of cooking techniques [selecting and preparing ingredients]</li> <li>• Become competent in a range of cooking techniques [using utensils and electrical equipment]</li> <li>• Become competent in a range of cooking techniques [applying heat in different ways]</li> <li>• Become competent in a range of cooking techniques [using awareness of taste, texture and smell to decide how to season dishes and combine ingredients]</li> <li>• Become competent in a range of cooking techniques [adapting and using their own recipes]</li> <li>• Understand the source, seasonality and characteristics of a broad range of ingredients</li> </ul>

Assessments	<ul style="list-style-type: none"> <li>• Start of unit test</li> <li>• Fairy cake design (knowledge of ingredients.)</li> <li>• Fruity flapjacks practical</li> <li>• End of unit test</li> </ul>	<ul style="list-style-type: none"> <li>• Start of unit test</li> <li>• Oat crunchy biscuit practical.</li> <li>• Savoury rice evaluation</li> <li>• End of unit test</li> </ul>	<ul style="list-style-type: none"> <li>• Start of unit test</li> <li>• Designing to a specification (knowledge of ingredients.)</li> <li>• Sweet dish containing fruit practical</li> <li>• End of year assessment</li> </ul>
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	<i>Make it Bake it</i>	<i>Break Away from Takeaway</i>	<i>Methods of Cooking</i>
<div>Key content</div> <div>(know that...Know how...)</div>	<ul style="list-style-type: none"> <li>• What baked products are including examples.</li> <li>• Bread ins made and development of bread making skills.</li> <li>• Learning about food from different parts of the UK.</li> <li>• Development of sensory analysis skills, on British baked products.</li> <li>• Designing to a brief.</li> <li>• Recall on creaming method and hand moulding.</li> <li>• Developing teamwork skills, to create a product.</li> <li>• The whisking method and the processes involved, introduction to functions of ingredients, learning to use an electric mixer.</li> <li>• Design a bakery task, revision of baked products and how to describe them.</li> <li>• Presentation and design.</li> <li>• Developing cake decorating skills.</li> <li>• Learning about traditional Christmas foods from our country and others.</li> </ul>	<ul style="list-style-type: none"> <li>• Looking at the difference between takeaway products and homemade.</li> <li>• Making healthier versions of popular takeaway products.</li> <li>• Revision and development of bread making skills.</li> <li>• Nutritional comparison of a takeaway product and a homemade one.</li> <li>• Making basic products more creative and handling raw meat.</li> <li>• Teamwork challenge on an unseen design task.</li> <li>• Categories of fish, and their uses.</li> <li>• Learning to use a mini food processor, coating a product in breadcrumbs.</li> <li>• High risk foods, revision of handling raw meat. Use of marinades.</li> <li>• Developing annotation and description skills in designing foods.</li> <li>• Developing skills in nutritional analysis.</li> </ul>	<ul style="list-style-type: none"> <li>• Learning about the reasons for cooking food.</li> <li>• Learning about the 3 main cooking methods and the different outcomes they achieve.</li> <li>• Learning about dry cooking methods.</li> <li>• Developing baking skills and learning how to make a uniform batter.</li> <li>• Learning about cooking with oil. And safety issues linked to oil.</li> <li>• Learning to use woks and how to stir fry, revision of high-risk foods.</li> <li>• Learning about wet cooking methods.</li> <li>• Learning how to create a casserole.</li> <li>• Learning about pasta the different types and how to cook it, revision of staple foods.</li> <li>• Making a dish using all 3 cooking methods.</li> <li>• Developing research skills.</li> </ul>

Prior Knowledge	<ul style="list-style-type: none"> <li>• Knowledge of staple foods and their characteristics</li> <li>• Knowledge on the different sections of the Eatwell guide and foods in each section.</li> <li>• Knowledge of different equipment and their uses.</li> <li>• Know how to weigh and measure.</li> <li>• Know how to use descriptive words when describing foods.</li> <li>• Knowing what a specification is and what it is for.</li> <li>• Basic knowledge of different methods used in cooking</li> </ul>	<ul style="list-style-type: none"> <li>• Knowledge of balanced meals and government guidelines for a healthy diet.</li> <li>• Knowledge of different nutrients and their role in the body.</li> <li>• Basic food science knowledge.</li> <li>• Knowing how to use all parts of the cooker.</li> <li>• Withing and measuring skills</li> <li>• Time management skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Basic knowledge on health issues linked to a poor diet.</li> <li>• Be able to make healthier choices.</li> <li>• Basic nutritional analysis of foods.</li> <li>• Some knowledge of different cooking methods.</li> <li>• Being able to describe different attributes of foods.</li> <li>• Knowing why a food is unhealthy.</li> <li>• Some knowledge of foods from different cultures.</li> <li>• Methods of cake making</li> </ul>
KS3 National Curriculum Links	<ul style="list-style-type: none"> <li>• Understand and apply the principles of nutrition and health</li> <li>• Become competent in a range of cooking techniques [selecting and preparing ingredients]</li> <li>• Become competent in a range of cooking techniques [using utensils and electrical equipment]</li> <li>• Become competent in a range of cooking techniques [applying heat in different ways]</li> <li>• Become competent in a range of cooking techniques [using awareness of taste, texture and smell to decide how to season dishes and combine ingredients]</li> <li>• Become competent in a range of cooking techniques [adapting and using their own recipes]</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and apply the principles of nutrition and health</li> <li>• Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</li> <li>• Become competent in a range of cooking techniques [selecting and preparing ingredients]</li> <li>• Become competent in a range of cooking techniques [using utensils and electrical equipment]</li> <li>• Become competent in a range of cooking techniques [applying heat in different ways]</li> <li>• Become competent in a range of cooking techniques [using awareness of taste, texture and smell to decide how to season dishes and combine ingredients]</li> <li>• Become competent in a range of cooking techniques [adapting and using their own recipes]</li> </ul>	<ul style="list-style-type: none"> <li>• Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</li> <li>• Become competent in a range of cooking techniques [selecting and preparing ingredients]</li> <li>• Become competent in a range of cooking techniques [using utensils and electrical equipment]</li> <li>• Become competent in a range of cooking techniques [applying heat in different ways]</li> <li>• Become competent in a range of cooking techniques [using awareness of taste, texture and smell to decide how to season dishes and combine ingredients]</li> <li>• Become competent in a range of cooking techniques [adapting and using their own recipes]</li> </ul>

			<ul style="list-style-type: none"> <li>Understand the source, seasonality and characteristics of a broad range of ingredients</li> </ul>
Assessments	<ul style="list-style-type: none"> <li>Start of unit test</li> <li>Evaluation of biscuits (knowledge of ingredients)</li> <li>Swiss roll practical, the whisking method</li> <li>End of unit test</li> </ul>	<ul style="list-style-type: none"> <li>Start of unit test</li> <li>Descriptive design (kebab) (knowledge of ingredients)</li> <li>Fish fingers / chicken dippers practical (portion control / coating)</li> <li>End of unit test</li> </ul>	<ul style="list-style-type: none"> <li>Start of unit test</li> <li>pasta bake, nutritional analysis (knowledge of ingredients)</li> <li>Muffins practical</li> <li>End of year assessment</li> </ul>

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	<i>Eat your way around the world</i>	<i>Understanding ingredients</i>	<i>Pastry Perfection</i>
Key content (know that... Know how...)	<ul style="list-style-type: none"> <li>• Introduction to multicultural foods, and revision of staple foods.</li> <li>• Use of convenience products as opposed to buying takeaway products or ready meals.</li> <li>• Introduction to food science, making a dish with a thickened sauce (all in one) gelatinisation of starch.</li> <li>• Learning about different cuisines, developing sensory analysis skills on foods from other parts of the world.</li> <li>• Developing skills in using the hob, revision of knife skills and learning about where ingredients come from.</li> <li>• Looking at different careers in the food industry.</li> <li>• Revision of high risk foods, gelatinisation, and making a thickened sauce (blended)</li> <li>• Looking at foods impact on the environment, food miles, seasonality and buying local.</li> <li>• Revision of the melting method and using an electric mixer, looking at date marks.</li> <li>• Design of a dessert from another country developing annotation skills.</li> <li>• Teamwork challenge, and developing density analysis skills.</li> <li>• Using spices in a dish, high risk foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Developing practical teamwork skills</li> <li>• Learning about being creative with basic store cupboard ingredients, designing and making dishes using specific ingredient.</li> <li>• Baked bean Challenge</li> <li>• Cooking on a budget, learning about ways to save money through what you eat, smart shopping choices, ways to make recipes cheaper.</li> <li>• Design and make a dish on a budget.</li> <li>• Food science, functions of ingredients in a baked product.</li> </ul>	<ul style="list-style-type: none"> <li>• Revision of convenience products, learning to use puff pastry, to create a product, revision of handling raw meat.</li> <li>• Developing skills in product analysis and comparing products.</li> <li>• Learning about the origins of filo pastry, and learning how to handle and use it, development of knife skills for fine chopping.</li> <li>• Development of design and annotation skills, designing for clients.</li> <li>• Looking at pastry products and adapting them to be for a theme.</li> <li>• Looking at what a signature dish is.</li> <li>• Skills showcase, design and make your signature dish.</li> </ul>



Prior Knowledge	<ul style="list-style-type: none"> <li>• Basic knowledge on health issues linked to a poor diet.</li> <li>• Be able to make healthier choices.</li> <li>• Basic nutritional analysis of foods.</li> <li>• Knowledge of different cooking methods.</li> <li>• Being able to describe different attributes of foods.</li> <li>• Knowing why a food is unhealthy.</li> <li>• Why high fat food is unhealthy and health issues related to them</li> <li>• Some knowledge of foods from different cultures.</li> <li>• Basic knowledge of some of the science behind cooking.</li> </ul>	<ul style="list-style-type: none"> <li>• Basic knowledge on health issues linked to a poor diet.</li> <li>• Be able to make healthier choices.</li> <li>• Nutritional analysis of foods.</li> <li>• Knowledge of different cooking methods and which foods can be cooked in that way.</li> <li>• Being able to describe different attributes of foods.</li> <li>• Why high fat food is unhealthy and health issues related to them</li> <li>• Knowledge of foods from different cultures.</li> <li>• Knowledge of some of the science behind cooking.</li> <li>• Knowing how to adapt a recipe.</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to make healthier choices.</li> <li>• Nutritional analysis of foods.</li> <li>• Knowledge of different cooking methods and which foods can be cooked in that way.</li> <li>• Being able to describe different attributes of foods.</li> <li>• Why high fat food is unhealthy and health issues related to them.</li> <li>• Knowledge about the different types of fat used in cooking.</li> <li>• Knowledge of foods from different cultures.</li> <li>• Knowledge of some of the science behind cooking.</li> <li>• Knowing how to adapt a recipe.</li> <li>• Being able to make choices linked to budget.</li> </ul>
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	<p>texture and smell to decide how to season dishes and combine ingredients]</p> <ul style="list-style-type: none"> <li>• Become competent in a range of cooking techniques [adapting and using their own recipes]</li> <li>• Understand the source, seasonality and characteristics of a broad range of ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Become competent in a range of cooking techniques [adapting and using their own recipes]</li> </ul>	<ul style="list-style-type: none"> <li>• Become competent in a range of cooking techniques [adapting and using their own recipes]</li> </ul>
Assessments	<ul style="list-style-type: none"> <li>• Start of unit test</li> <li>• Evaluation Chow mein (knowledge of ingredients)</li> <li>• Practical Chow Mein</li> <li>• End of unit Test</li> </ul>	<ul style="list-style-type: none"> <li>• Start of unit test</li> <li>• Egg product design (knowledge of ingredients)</li> <li>• Practical Brownies</li> <li>• End of unit Test</li> </ul>	<ul style="list-style-type: none"> <li>• Start of unit test</li> <li>• Creative design (knowledge of ingredients)</li> <li>• Practical Sausage Rolls</li> <li>• End of unit Test</li> </ul>