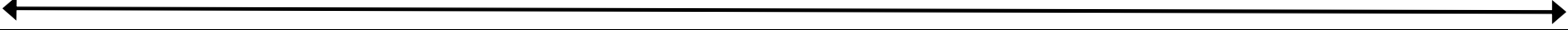




Key Stage 3 Curriculum Journey: Food Studies

	Week 1 		
	<i>Build Your Skills</i>	<i>Cereals and Staple Foods</i>	<i>Five-a-Day, That's The Way.</i>
Key content (know that... Know how...)	<ul style="list-style-type: none"> hygiene and safety, learning rules and routines of the food room are important Basic Knife skills the bridge and the claw. Use basic equipment to make a dish. Food is tasted, zones of the tongue and use of descriptive words. Learning to weigh and measure. Introduction to the Eatwell Guide, basic nutrition and balanced meals. The creaming method and use of the oven. Presentation and basic cake decorating. Fibres role in the body and where it is found. Recipe modification Rubbing in method, peeling coring and revision of knife skills. The melting method. Introduction to seasonality The importance of timing in practical lessons. 	<ul style="list-style-type: none"> Introduction to cereal crops and what they are used. Staple foods, what they are, different staples for different countries. Revision of the melting method and using cereal crops in caked products. Learning to use the grill, and introducing sensory analysis skills. Using maize, how popcorn is made and development of sensory analysis skills. Learning about breads ingredients, and the processes involved, kneading and proving a dough. Using sensory analysis skills to compare different products. Learning about rice and it's uses, revision of using the hob and knife skills. Basic nutritional analysis of a dish. 	<ul style="list-style-type: none"> Introduction to fruit and vegetables and nutrients they provide, importance of 5 a day. Introduction to designing to a specification. Recipe modification for sweet and savoury products. Planning for a practical. Skills development and the importance of presentation. Evaluating a dish. Using fruit in creative ways. Educating others about the importance of 5 a day. Teamwork skills and using potatoes.
Prior Knowledge	<ul style="list-style-type: none"> Some basic knowledge of where food comes from Some basic knowledge of healthy eating and the Eatwell Guide. (Not all primary schools cover this) 	<ul style="list-style-type: none"> Some knowledge about balanced meals. Some knowledge on the different sections of the Eatwell guide and foods in each section. Basic knowledge of different equipment and their uses. Know how to weigh and measure. Using more descriptive words when describing foods. 	<ul style="list-style-type: none"> Knowledge of cereals staple foods Some knowledge on the different sections of the Eatwell guide and foods in each section. Basic knowledge of different equipment and their uses. Know how to weigh and measure. Using more descriptive words when describing foods. Understanding of fibre and its function in the body. Using descriptive words to describe food.



KS3 National Curriculum Links	<ul style="list-style-type: none">• Understand and apply the principles of nutrition and health• Become competent in a range of cooking techniques [selecting and preparing ingredients]• Become competent in a range of cooking techniques [using utensils and electrical equipment]• Become competent in a range of cooking techniques [applying heat in different ways]• Become competent in a range of cooking techniques [using awareness of taste, texture and smell to decide how to season dishes and combine ingredients]• Become competent in a range of cooking techniques [adapting and using their own recipes]	<ul style="list-style-type: none">• Become competent in a range of cooking techniques [selecting and preparing ingredients]• Become competent in a range of cooking techniques [using utensils and electrical equipment]• Become competent in a range of cooking techniques [applying heat in different ways]• Become competent in a range of cooking techniques [adapting and using their own recipes]• Understand the source, seasonality and characteristics of a broad range of ingredients	<ul style="list-style-type: none">• Become competent in a range of cooking techniques [selecting and preparing ingredients]• Become competent in a range of cooking techniques [using utensils and electrical equipment]• Become competent in a range of cooking techniques [applying heat in different ways]• Become competent in a range of cooking techniques [using awareness of taste, texture and smell to decide how to season dishes and combine ingredients]• Become competent in a range of cooking techniques [adapting and using their own recipes]• Understand the source, seasonality and characteristics of a broad range of ingredients
Assessments	<ul style="list-style-type: none">• Start of unit test• Fairy cake design (knowledge of ingredients.)• Fruity flapjacks practical• End of unit test	<ul style="list-style-type: none">• Start of unit test• Oat crunchy biscuit practical.• Savoury rice evaluation• End of unit test	<ul style="list-style-type: none">• Start of unit test• Designing to a specification (knowledge of ingredients.)• Sweet dish containing fruit practical• End of year assessment