



Key Stage 3 Curriculum Journey: Subject year 8 carousel.

	Week 1	
	←	→
	<i>Make it Bake it.</i>	<i>Break Away from Takeaway</i>
Key content (know that...Know how...)	<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>• Showing knowledge of ingredients through evaluation.</li> <li>• The whisking method and the processes involved, introduction to functions of ingredients, learning to use an electric mixer.</li> <li>• Developing baking skills and learning how to make a uniform batter, and creating a nutritional profile.</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>•</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>• High risk foods, revision of handling raw meat. Use of marinades.</li> <li>• Developing annotation and description skills in designing foods.</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>• Literacy and learning about the links between fast food and poor health.</li> <li>• Learning about where our food comes from.</li> <li>• Using spices in a dish, high risk foods</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> </ul> <p>Basic knowledge of different methods used in cooking</p>	<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> <li>• Be able to make healthier choices.</li> <li>• Basic nutritional analysis of foods.</li> <li>• Knowing why a food is unhealthy.</li> <li>•</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><li>•</li></ul>
Assessments	<ul style="list-style-type: none"><li>• Evaluation of focaccia bread (knowledge of ingredients)</li><li>• Swiss roll practical, the whisking method</li></ul>	<ul style="list-style-type: none"><li>• Descriptive design (kebab) (knowledge of ingredients)</li><li>• Fish fingers / chicken dippers practical (portion control / coating)</li></ul>