




Key Stage 3 Curriculum Journey: Subject year 9 carousel

	Week 1 	
	<i>Eat your way around the world</i>	<i>Pastry Perfection</i>
Key content (know that...Know how...)	<ul style="list-style-type: none"> • Introduction to multicultural foods, and revision of staple foods. • Use of convenience products as opposed to buying takeaway products or ready meals. • Food science, making a dish with a thickened sauce (all in one) gelatinisation of starch. Developing skills in using the hob, revision of knife skills • Revision of high risk foods, gelatinisation, and making a thickened sauce (blended) • Learning about different cuisines, developing sensory analysis skills on foods from other parts of the world. • Revision of the melting method and using an electric mixer, looking at date marks. • Learning about famous dishes from another country. • Using rice to make a healthy balanced dish. • Design of a dessert from another country developing annotation skills. • Teamwork challenge, and developing sensory analysis skills. • 	<ul style="list-style-type: none"> • Use of convenience products, learning to use puff pastry, to create a product, revision of handling raw meat. • Learning about the origins of filo pastry, and learning how to handle and use it, development of knife skills for fine chopping. • Development of design and annotation skills, designing for clients. • Learning to make shortcrust pastry, recall of rubbing in method and food science shortening. • Developing skills in product analysis and comparing products. Developing fine motor skills to make a different style of pastry product.
Prior Knowledge	<ul style="list-style-type: none"> • Basic knowledge on health issues linked to a poor diet. • Be able to make healthier choices. • Basic nutritional analysis of foods. • Knowledge of different cooking methods. • Being able to describe different attributes of foods. • Knowing why a food is unhealthy. • Why high fat food is unhealthy and health issues related to them • Some knowledge of foods from different cultures. Basic knowledge of some of the science behind cooking. 	<ul style="list-style-type: none"> • Be able to make healthier choices. • Nutritional analysis of foods. • Knowledge of different cooking methods and which foods can be cooked in that way. • Being able to describe different attributes of foods. • Why high fat food is unhealthy and health issues related to them. • Knowledge about the different types of fat used in cooking. • Knowledge of foods from different cultures. • Knowledge of some of the science behind cooking. • Knowing how to adapt a recipe. •



KS3 National Curriculum Links	<ul style="list-style-type: none">• Understand and apply the principles of nutrition and health• Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet• 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] <p>Understand the source, seasonality and characteristics of a broad range of ingredients</p>	<ul style="list-style-type: none">• Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet• 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]
Assessments	<ul style="list-style-type: none">• Evaluation Chow mein (knowledge of ingredients)• Practical Paella	<ul style="list-style-type: none">• Creative design (knowledge of ingredients)• Practical Sausage Rolls