

FOOD AND NUTRITION KS3

	Autumn Term	Spring Term	Summer Term
Year 7	<p>Hygiene and Safety</p> <ul style="list-style-type: none"> • Hazards in the food room • How to prepare for practical work • Importance of hand washing • How to use the cooker safely • How to use knives safely <p>Healthy Eating</p> <ul style="list-style-type: none"> • The Eat well Guide • 5 a day • 8 Healthy Tips • Balanced diets 	<p>Seasonality</p> <ul style="list-style-type: none"> • Understanding seasons • Food grown in the UK • Importance of buying seasonal foods • How to use seasonal ingredients • How to minimise food waste <p>Heat Transfer</p> <ul style="list-style-type: none"> • How heat is transferred when food is cooked • Convection • Conduction • Radiation 	<p>Food Storage</p> <ul style="list-style-type: none"> • How to store food correctly • Identifying high risk foods • Importance of temperatures <p>Raising agents</p> <ul style="list-style-type: none"> • Understand how raising agents work • Mechanical • Chemical <p>Food Science in practical work</p> <ul style="list-style-type: none"> • Shortening • Aeration • Enzymic Browning
Year 8	<p>Macro and Micro Nutrients Types, sources and functions of:</p> <ul style="list-style-type: none"> • Carbohydrates • Protein • Fats • Vitamins and Minerals <p>Nutritional requirements</p> <ul style="list-style-type: none"> • Dietary requirements through life • Diet related health conditions 	<p>Recipe Adaptation</p> <ul style="list-style-type: none"> • Nutrient groups in recipes • Adapting recipes <p>School food plan</p> <ul style="list-style-type: none"> • Legislation • Considerations when planning dishes • Recipe scaling <p>Food science</p> <ul style="list-style-type: none"> • Terminology meaning 	<p>Researching the work of others</p> <ul style="list-style-type: none"> • Identifying chef styles • Understanding branding <p>Food science in practical work</p> <ul style="list-style-type: none"> • Gluten formation • Dextrinisation • Coagulation • Gelatinisation
Year 9	<p>Food Provenance</p> <ul style="list-style-type: none"> • Fairtrade • Traceability • Food logos <p>Cultures and Cuisines</p> <ul style="list-style-type: none"> • Migration • Religious requirements • Economy • Geography 	<p>Diets high in fat and sugar</p> <ul style="list-style-type: none"> • Consequences <p>Chilled/convenience food</p> <ul style="list-style-type: none"> • Reliance on convenience foods <p>Packaging and Labelling</p> <ul style="list-style-type: none"> • Function of packaging • Legal requirements 	<p>Food waste and security</p> <ul style="list-style-type: none"> • Food bank boxes • Food security <p>Food Science in practical work</p> <ul style="list-style-type: none"> • Plasticity • Maillard reaction • Dextrinisation • Coagulation