

ICKNIELD HIGH SCHOOL KEY STAGE 3 CURRICULUM MAP

'Raising the Achievement of All'

WELL-SEQUENCED

CONTEXTUALISED/INCLUSIVE

AMBITIOUS

SUBJECT: Food Preparation and Nutrition

Year: 9

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Questions	Hygiene and safety. Equipment and their uses. Weighing out ingredients. Eatwell plate. Nutrients and their functions. Balanced diet and healthy eating and life style. <u>Multi-cultural foods-</u> : Chinese cuisine and choosing ingredients. Evaluation of dishes. Dairy foods. Italian cuisines. Writing a time plan. Nutritional analysis of dishes	Fats- types, functions. Fat soluble vitamins. Water- functions of water in the diet. Water soluble vitamins Adaptation of recipes to make their healthier. Impact of sugar in our diet. Food and cooking science. <u>Multicultural foods-</u> American cuisine. Greek cuisine Japanese Cuisine	Seasonal foods. Food commodities. Cake making skills. Pastry making skills. Bread making skills. Characteristics and functions of ingredients. Food production. Food poisoning. Storage High risk foods.	Hygiene and safety. Equipment and their uses. Weighing out ingredients. Eatwell plate. Nutrients and their functions. Balanced diet and healthy eating and life style. <u>Multi-cultural foods-</u> : Chinese cuisine and choosing ingredients. Evaluation of dishes. Dairy foods. Italian cuisines. Writing a time plan. Nutritional analysis of dishes	Fats- types, functions. Fat soluble vitamins. Water- functions of water in the diet. Water soluble vitamins Adaptation of recipes to make their healthier. Impact of sugar in our diet. Food and cooking science. <u>Multicultural foods-</u> American cuisine. Greek cuisine Japanese Cuisine	Seasonal foods. Food commodities. Cake making skills. Pastry making skills. Bread making skills. Characteristics and functions of ingredients. Food production. Food poisoning. Storage High risk foods.
Content: 'Know what'	Good kitchen hygiene practices. Good kitchen safety practices. Components of the eat well plate. Nutrients and their sources and functions in the diet/body. Key facts on how to have a healthy diet and life style. Energy balance and this can be achieved. Adaptations of recipes to suit a healthy life style.	Types of fats and their sources. Functions of fats in the diet and when cooking food. Fat soluble vitamins. Functions of water in the diet and water soluble vitamins. Sugar and sugar tax. Implications of too much sugar on health.Key facts to consider when buying ingredients. Food and cooking science- rubbing in,	What are seasonal foods; advantages and disadvantages of using seasonal foods. Foods harvested in different seasons in the UK. 5 a day. Benefits of eating fruits and vegetables. Rubbing-in method to make short-crust pastry. Functions of ingredients in pastry making. Faults in pastry making.	Good kitchen hygiene practices. Good kitchen safety practices. Components of the eat well plate. Nutrients and their sources and functions in the diet/body. Key facts on how to have a healthy diet and life style. Energy balance and this can be achieved. Adaptations of recipes to suit a healthy life style.	Types of fats and their sources. Functions of fats in the diet and when cooking food. Fat soluble vitamins. Functions of water in the diet and water soluble vitamins. Sugar and sugar tax. Implications of too much sugar on health. Key facts to consider when buying ingredients.	What are seasonal foods; advantages and disadvantages of using seasonal foods. Foods harvested in different seasons in the UK. 5 a day. Benefits of eating fruits and vegetables. Rubbing-in method to make short-crust pastry. Functions of ingredients in pastry making. Faults in pastry making.

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	Reasons for choosing certain ingredients. Practical:- Asian glazed chicken or salmon with vegetable noodle stir fry. Dairy foods and why milk is important to babies. Food processing of yoghurt. Practical- group activity- making butter.	caramelisation, maillard reaction, gelatinisation etc. Carbohydrates, sources and functions in the diet. Health conditions linked to too much intake of carbohydrates.	Methods used in cake making- creaming method, whisking method and creaming. Make a swiss roll cake. Ingredients and their functions in cakes. Steps in bread making. Ingredients used in making bread and their functions. How yeast works. Food poisoning. handling high risk foods.	Reasons for choosing certain ingredients. Practical:- Asian glazed chicken or salmon with vegetable noodle stir fry. Dairy foods and why milk is important to babies. Food processing of yoghurt. Practical- group activity- making butter.	Food and cooking science- rubbing in, caramelisation, maillard reaction, gelatinisation etc. Carbohydrates, sources and functions in the diet. Health conditions linked to too much intake of carbohydrates.	Methods used in cake making- creaming method, whisking method and creaming. Make a swiss roll cake. Ingredients and their functions in cakes. Steps in bread making. Ingredients used in making bread and their functions. How yeast works. Food poisoning. handling high risk foods.
Expertise: 'Know how'	Practice hygiene and safety when preparing and cooking food in the kitchen. Use the bridge and claw technique when cutting up ingredients to be used in different dishes. Label and explain components of the eat well plate. Link government guide lines to healthy eating the eat well plate. Adapting recipes to suit the government guidelines to healthy eating. State the 4 key guidelines to healthy eating. Adapt recipes to suit the government guidelines to healthy eating. Describe giving reasons a healthy life style. State nutrients found in Asian glazed	Name the 2 types of fats and their sources. Identify the healthier type of fat and give reasons why. Explain the functions of fat in cooking and in the diet. name fat soluble vitamins. be able to write a time plan for a New York baked cheese cake showing timing, skills, dovetailing of tasks, hygiene and safety and quality control points. Explain importance of water in the diet. name water soluble vitamins. Explain consequences of too much sugar in the diet. Explain what is sugar tax and its impact on the	Define the term 'seasonal foods'. Explain the advantages and disadvantages of using seasonal foods. Identify key factors to consider when shopping for food. explain the importance of eating fruits and vegetables as part of the diet. Name different types of fruits and vegetables. Celebration foods- demonstrate the rubbing in method to make short crust pastry. Name ingredients and their functions used in preparing short crust pastry. Prepare and cook vegetable and cheese rolls. Explain faults found in pastry. Name and give examples of different cake making methods.	Practice hygiene and safety when preparing and cooking food in the kitchen. Use the bridge and claw technique when cutting up ingredients to be used in different dishes. Label and explain components of the eat well plate. Link government guide lines to healthy eating the eat well plate. Adapting recipes to suit the government guidelines to healthy eating. State the 4 key guidelines to healthy eating. Adapt recipes to suit the government guidelines to healthy eating. Describe giving reasons a healthy life style. State nutrients found in Asian glazed	Name the 2 types of fats and their sources. Identify the healthier type of fat and give reasons why. Explain the functions of fat in cooking and in the diet. name fat soluble vitamins. be able to write a time plan for a New York baked cheese cake showing timing, skills, dovetailing of tasks, hygiene and safety and quality control points. Explain importance of water in the diet. name water soluble vitamins. Explain consequences of too much sugar in the diet. Explain what is sugar tax and its impact on the	Define the term 'seasonal foods'. Explain the advantages and disadvantages of using seasonal foods. Identify key factors to consider when shopping for food. explain the importance of eating fruits and vegetables as part of the diet. Name different types of fruits and vegetables. Celebration foods- demonstrate the rubbing in method to make short crust pastry. Name ingredients and their functions used in preparing short crust pastry. Prepare and cook vegetable and cheese rolls. Explain faults found in pastry. Name and give examples of different cake making methods.

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	chicken/salmon with vegetable stir fry. Name a variation of ingredients e.g. red/white cabbage; egg noodles/udon/ramen noodles; white onion/brown onion; pink/sockeye/chum salmon; organic/cornfeed chicken etc. Describe food using a sensory analysis. Name different types of dairy products. list different types of milk and explain why milk is important in the diet of a baby. Nutrients found in milk. Describe the production of yoghurt. Demonstrate skills in preparing and cooking the following cultural foods:- Asian glazed chicken/salmon with vegetable noodle stir fry; Tiramisu; Beef lasagne.	economy, health and NHS. Explain the following key terms:- Rubbing in; caramelisation; maillard reaction; gelatinisation; sifting; baking. State the 2 types of carbohydrates and their sources; their functions in the diet. Health implications due to too much intake of carbohydrates. Demonstrate skills in preparing and cooking the following cultural food:- New york baked cheese cake; yoyos	identify and explain functions of ingredients in a cake. Demonstrate the whisking method to prepare and cook a swiss roll. Identify faults and causes in cakes. Explain the term staple food. Identify ingredients and their functions in bread making. Explain how yeast works. Describe the steps involved in making bread. Identify faults and their causes found bread. Demonstrate bread making skills to prepare and cook bread rolls. Identify causes of food poisoning. Explain how to prevent food poisoning. Describe and explain key points to consider when storing and cooking food to prevent food poisoning. Describe symptoms of food poisoning. Demonstrate skills and safety to prevent cross contamination when preparing and cooking high risk foods by preparing and cooking sweet and sour chicken.	chicken/salmon with vegetable stir fry. Name a variation of ingredients e.g. red/white cabbage; egg noodles/udon/ramen noodles; white onion/brown onion; pink/sockeye/chum salmon; organic/corn feed chicken etc. Describe food using a sensory analysis. Name different types of dairy products. list different types of milk and explain why milk is important in the diet of a baby. Nutrients found in milk. Describe the production of yoghurt. Demonstrate skills in preparing and cooking the following cultural foods:- Asian glazed chicken/salmon with vegetable noodle stir fry; Tiramisu; Beef lasagne.	economy, health and NHS. Explain the following key terms:- Rubbing in; caramelisation; maillard reaction; gelatinisation; sifting; baking. State the 2 types of carbohydrates and their sources; their functions in the diet. Health implications due to too much intake of carbohydrates. Demonstrate skills in preparing and cooking the following cultural food:- New York baked cheese cake; yoyos	identify and explain functions of ingredients in a cake. Demonstrate the whisking method to prepare and cook a swiss roll. Identify faults and causes in cakes. Explain the term staple food. Identify ingredients and their functions in bread making. Explain how yeast works. Describe the steps involved in making bread. Identify faults and their causes found bread. Demonstrate bread making skills to prepare and cook bread rolls. Identify causes of food poisoning. Explain how to prevent food poisoning. Describe and explain key points to consider when storing and cooking food to prevent food poisoning. Describe symptoms of food poisoning. Demonstrate skills and safety to prevent cross contamination when preparing and cooking high risk foods by preparing and cooking sweet and sour chicken.
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Literacy/ Numeracy/ SMSC/	Marking and measuring out of ingredients Reading extracts from the online booklet In class discussions to help with oracy and saying key words with guided reading and reading aloud
Careers	Class discussion on career pathways linking to designing, cooking and presenting food with science links Starter activities linked to careers