



The curriculum for this stage of students' education has been designed to build on prior knowledge of healthy eating and the practical skills needed to produce quality well finished products. Students will learn the functions of ingredients and the effects that preparation and cooking have on them. By the end of KS3 students are equipped with a wide variety of food preparation skills for life that will enable them to prepare and cook healthy meals from scratch and make informed decisions about their food choices and nutritional needs.

<p>HALF TERM 1 & 3: Food for Life</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> • The principles of good nutrition with a focus on the nutrient groups and the important of getting the correct balance. • How to develop an understanding of the nutritional needs of people at different life stages. • How to investigate the function of the ingredients in food products and the science behind why they are used. • How to develop skills including; accurate preparation and chopping of ingredients, breadmaking and kneading. <p>HOW THIS WILL BE ASSESSED: Through written responses to questioning including conducting a sensory analysis and practical work completed in the making of bread and calzone.</p>	<p>HALF TERM 2 & 4: Food for Life</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> • How to produce a detailed method of making with accurate timings and safety points included. • How to use a wide range of practical skills and equipment to enable them to produce quality well finished dishes suitable to be eaten as part of a balanced diet. • How to plan and make main meals suitable for a family. • How to develop and refine sensory analysis skills. <p>HOW THIS WILL BE ASSESSED: Through written responses to questioning including planning a product, food hygiene and practical work completed through the making of fajitas and Swiss roll.</p>	<p>HALF TERM 3 & 6: Food for Life</p> <p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> • How to choose the most appropriate method of sensory testing and evaluation of products created. • How to create from scratch a range of quality healthy products. • How to independently demonstrate the ability to prepare nutritious meals using healthy ingredients and the appropriate skills and equipment. <p>HOW THIS WILL BE ASSESSED: Through written responses to questioning on gelatinisation and product evaluation and practical work completed through the making of a pasta bake and stir fry.</p>
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Embedding this knowledge can be supported at home by encouraging students to help prepare and serve family meals regularly, encouraging them to working independently to produce items that can be eaten as part of a healthy balanced diet, encouraging students to be discerning and adventurous consumers and using SENECA home learning to support the knowledge and understanding of topics covered in lesson.