



**Key Stage 3 Programme of Study 2023-2024**

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>7</b>	<p>Topic/Enquiry:</p> <p><u>Food Safety</u> Why are food, hygiene and safety practices important in the hospitality and catering industry?</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To explain the layout of the food room and to recognise, name and locate the tools and equipment in the food room.</li> <li>To describe the expectations for working in the food room including food hygiene and safety practices.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Fruit salad</li> <li>Couscous</li> </ul>	<p>Topic/Enquiry:</p> <p><u>Food Safety</u> How do storage, cooking and cross contamination affect our foods?</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To understand ill health in relation to foods.</li> <li>To identify common types of food poisoning.</li> <li>To explain how food poisoning can be prevented.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Sticky chicken</li> <li>Ginger bread</li> </ul> <p><u>Assessment 1:</u> Theory test</p>	<p>Topic/Enquiry:</p> <p><u>Food nutrition and health</u> The Eat Well Guide – The importance of vegetables for a balanced diet.</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To understand the groups and features of the Eatwell guide.</li> <li>To explain the importance of vegetables and the nutrients they provide.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Vegetable curry</li> <li>Mini carrot cakes</li> </ul>	<p>Topic/Enquiry:</p> <p><u>Food Science</u> What are the functions of flour and gluten?</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To understand the functions of flour and gluten.</li> <li>To explain how adaptations can be made for celiac intolerance.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Pizza swirls</li> <li>Scones</li> </ul> <p><u>Assessment 2:</u> Practical test</p>	<p>Topic/Enquiry:</p> <p><u>Food Science</u> Understanding which ingredients combine: Fats and oils.</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To understanding the functions of fats and oils</li> <li>To explain food sources for oils and fats.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Bolognese</li> <li>Stir-fry chicken</li> </ul>	<p>Topic/Enquiry:</p> <p><u>Food provenance and choice</u> How can we prevent food waste on a daily basis?</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To understand how food is wasted and how reductions to food waste can occur.</li> <li>To explain the effects food waste has on the environment.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Quesadillas</li> <li>Oaty biscuits</li> </ul> <p><u>Assessment 3:</u> Practical test</p>

<p>8</p>	<p>Topic/Enquiry:</p> <p><u>Food Safety</u> Why are key temperatures in cooking essential to avoid cross contamination?</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To explain the importance of food storage and core temperatures when cooking and storing foods.</li> <li>To identify the 4 C's</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Fruit crumble</li> <li>Risotto</li> </ul>	<p>Topic/Enquiry:</p> <p><u>Food Safety</u> Buying and storing food, date marks</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>Investigating the guidance available to the consumers regarding availability, traceability and food certification.</li> <li>To identify and explain the difference between 'use by' and 'best before' labels.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Chicken curry</li> <li>Christmas cakes</li> </ul> <p><u>Assessment 1:</u> Theory test</p>	<p>Topic/Enquiry:</p> <p><u>Food provenance and choice</u> Adapting recipes for different dietary groups.</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To identify dietary needs (including food allergens, food intolerance, and religious/cultural needs).</li> <li>To investigate the information that is provided on food packaging.</li> <li>To modify a dish for a person with a specific dietary need.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Chicken fajitas</li> <li>Cheese and onion pasties</li> </ul>	<p>Topic/Enquiry:</p> <p><u>Food Science</u> What is the function of yeast in bread making?</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To describe the functions of ingredients used in bread making.</li> <li>To identify varieties of bread and bread products available to the consumer.</li> <li>To explain the sources, types and functions of carbohydrate (including fibre).</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Pizza</li> <li>Fruit scones</li> </ul> <p><u>Assessment 2:</u> Practical test</p>	<p>Topic/Enquiry:</p> <p><u>Food nutrition and health</u> The function and source of the main macronutrients.</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To recall the principles of <i>The Eatwell Guide</i> and relate it to their own diet.</li> <li>To list and explain the main nutrients provided by a healthy diet.</li> <li>To explain the importance of hydration.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Chilli Con Carne</li> <li>Chicken Tikka</li> </ul>	<p>Topic/Enquiry:</p> <p><u>Food nutrition and health</u> The importance of applying the Eatwell guide when planning meals.</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>To describe and apply the principles of <i>The Eatwell Guide</i> and relate this to diet through life.</li> <li>To outline the importance of consumption from each food group for a healthy diet.</li> <li>To describe the main dietary requirements in each key life stage.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>Mac and cheese</li> <li>Sweet tray bake</li> </ul> <p><u>Assessment 3:</u> Practical test</p>
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