



KS3 Curriculum – Food & Nutrition

The aim of Food & Nutrition at Queensbridge School is to equip students with the skills, knowledge and understanding to make informed choices around Food and Nutrition for themselves and their families.

By the end of KS3, pupils should have:

- Developed their knowledge and understanding of nutrition and healthy eating
- Developed their knowledge and understanding of food preparation and hygiene
- Developed their knowledge and understanding of cooking techniques
- Learnt knife skills as well as kitchen health and safety
- Considered how to value and respect food as a precious resource
- Developed knowledge and understanding of technical vocabulary



Year 7

How can we protect our environment?

Methodology

- Pupils will understand and apply high standards of food hygiene and safety practices
- Pupils will understand principles of healthy eating and why a balanced diet is important for a healthy lifestyle
- Pupils will know how to increase fruit and vegetable intake and to adapt products to make them a healthier choice
- Pupils will learn the functions and main nutrients of common ingredients
- Pupils will learn how to analyse food and evaluate products

Skills

- Making, including using equipment
- Adapting dishes

Content

- Food hygiene
- Knife skills
- Eat well guide
- Healthy eating
- Food wastage
- Fair trade
- Seasonality
- Scones
- Stir fry
- Tomato ragu pasta bake

Year 8

How does it work?

Methodology

- Pupils will understand principles of healthy eating, balanced diet, healthy lifestyle and the negative impact a poor diet can have.
- Pupils will learn how to increase fruit and vegetable intake and reduce salt, fat and sugar intake.
- Pupils will learn the functions and main nutrients of a wide range of ingredients.

Skills

- Making: preparing and cooking main meal products; using a cooker, hob and knives safely
- Designing: planning the making of a food product using a timed action plan.

Content:

- Food hygiene
- Knife skills
- Food science
- Upside down cake – cake making
- Focaccia – bread making
- Mac & cheese -sauce making
- Custard tarts - pastry making

Year 9

Does it really matter?

Methodology

- Pupils will make a range of savory dishes
- Pupils will consider sustainability when making food choices
- Pupils will develop their understanding of how to lower fat, sugar and salt, and how to increase fibre
- Pupils will learn how to modify and develop dishes
- Pupils will consider how to incorporate dishes into a nutritious meal

Skills

- Modify and develop dishes
- Making
- Evaluating

Content:

- Food hygiene
- Food Safety and contamination
- Special diets
- Protein
- Carbohydrates
- Lasagne -reduction and white sauce
- Savoury rice -alternative proteins
- Tandoori chicken - cooking high risk food
- Chelsea buns – raising agents