



Food and Nutrition KS3 Intent

The principal aims of the KS3 Food and Nutrition curriculum at Queensbridge are to inspire students to ask questions and to be curious about the “World of Food” they live in . To enjoy and have fun cooking and eating their own food . They are encouraged to think intelligently, making the connection between , where our food comes from: Food Provenance; Food Science the study of the functional and chemical properties of ingredients, as well as understanding the effects of the different methods of cooking .

Students experience, using different ingredients and recipes from different cultures, communities and countries . As well as developing and mastering new skills and fine tuning the ones they already possess, through a repertoire of cooking practicals that build on lesson by lesson, skill on skill. Students also develop a firm basis for understanding and applying food safety and hygiene in the preparation and cooking of food.

The strong thread that underpins and runs through the curriculum is the theme of Food, Nutrition and Health, this includes the current health concerns for teenagers. Finally students are challenged to value and respect food as a precious resource along with the environment. The KS3 curriculum has been designed to specifically to prepare students for Food Preparation and Nutrition GCSE by developing the necessary practical skills , knowledge and understanding , and critical thinking required at this level.



Year 7

Does Curiosity Always Kill the Cat?

L1. The curiosity Box -Function of ingredients , cake making

L2&3 Cake making A & B – using the creaming method

L4. Food spoilage and enzymes in fruit and vegetables:
Homework: Enzymic Browning Investigation

L5 Fruit kebabs A&B together – Knife skills Part 1
Homework: Seasonal food

L6&7 Potato curry A & B: Induction cooking and the concept of mise en place
Homework Healthy eating the eat well guide

L8&9 Stir fry A & B – Knife skills Part 2

KS4 Skills:
Enzymic Browning

Year 8

Can fast food ever be healthy?

L1 Bread making A&B together The curiosity Box -
Function of ingredients – bread making
Homework: Flour and the role of gluten

L2 & 3 Pizza making A & B -Induction cooking and mise en place
Homework: 8 Tips to healthy eating

L4 & 5 Pasta making A&B- Knife skills, understanding how ingredients work, cooking using 2 processes
Homework: Food labelling

L6 Food safety and storage - Storing, preparing and cooking with high risk foods

L7&8 Making chicken fajitas A & B- Application of meat safety and testing for readiness

L9 Making chocolate chip cookies in pairs – function of ingredients

KS4 Skills:
Gluten

Year 9

Can we adapt our diet to reflect the damaging impact on the environment of eating so much meat?

L1 Diet health and nutrition –How nutritional needs change as we age
Homework – Macro Nutrients : Protein

L2&3 Making vegetarian Bolognese A&B- Knife skills and vegetable preparation, retaining the nutritional value
Homework – Macro Nutrients : Fats

L4 & 5 Making a vegetarian curry A&B- seasoning food and testing for readiness
Homework – Macro Nutrients : Carbohydrates

L6 & 7 Making a roast dinner A&B Storing, preparing and cooking with high risk foods, food safety

L8 & 9 Cake Making A&B- the science behind cake making

KS4 Skills:
Science of Baking