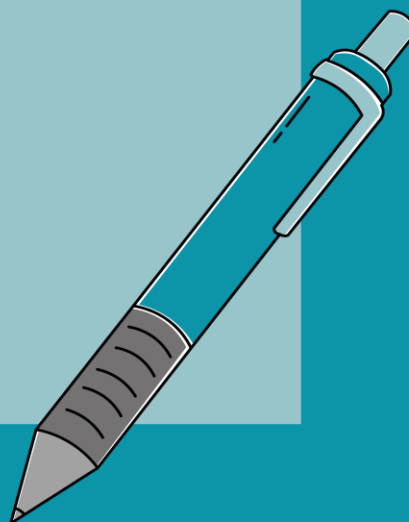


FOOD CURRICULUM OVERVIEW

KS3 overview



Manchester
Communication
Academy



Health and Wellbeing

Food

Year 7 - Food	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic name	Hygiene and safety Foundation in cooking with knives, preparing fruits and vegetables and beginning to use the oven.	Diet and good health Foundation in cooking with the hob and combine/shape.	Principles of nutrition Foundation in egg cookery, setting mixtures and sauce making	Diet, good health and Principles of nutrition Foundation in pastry skills, grilling and marinating	Where food comes from and factors affecting food choice Foundation in combing mixtures, pasta skills, cake making and developing sauce making.	Design, plan, make, evaluate
Declarative knowledge	Know the 4C's of food hygiene and safety; cleaning, cooking, chilling, cross contamination Know the key temperatures; Danger zone, chilling temperature and cooking temperature Know what happens to bacteria in the danger zone	Know what the key points from the eat well guide are; 5 a day, choose wholegrain, drink 6-8 glasses of water a day, limit sugar and salt, choose lower fat options. Know the role of protein, carbohydrates, fat, vitamins and minerals in the human body and which food groups they match with Know the government 8 healthy eating tips	Know what a macronutrient is Know what a micronutrient is Know what the functions of vitamin A, C and D are Know what the role of calcium and iron are Know what coagulation means	Know what the traffic light system on food labels is Know the short term and long term effects of too much sugar Know the effects of water and hydration Know what radiation is as a cooking method	Know the definition of food provenance Know the definition of seasonality Know the definition of food miles Know what the role of baking powder is	Know what a design brief is Know what safety hazards apply to their dish
Procedural knowledge	Know how to prevent hazards in the kitchen Know how to store food safely	Know how to evaluate their own dish with what went well, even better if and starting to apply their eatwell knowledge to their cooking.	Know how to include a list of the skills used in their evaluation as well as what went well and even better if. Know how to use :	Know how to link the ingredients to the nutrients in their evaluation and begin to talk about how the dish follows the eat well guide.	Know how to describe some of the skills they have performed in their evaluation reflecting on went well and even better if.	Know how to shape and bind meat into a kofta Know how to combine and shape a flatbread Know how to knead

	<p>Know how to use sensory analysis to evaluate foods</p> <p>Know how to use:</p> <ul style="list-style-type: none"> ● Blender ● Green chopping board ● Green Knife ● Sieve ● Frying pan ● Mixing bowl ● Heat proof spoon ● Measuring jug ● Teaspoon ● Tablespoon <p>Know how to wash up and clean</p> <p>Know how to wash fruits and hand peel</p> <p>Know how to use a blender</p> <p>Know how to use a sharp knife – bridge and claw</p> <p>Know how to safely use the grill</p> <p>Know how to safely use the hob</p>	<p>Know how to use :</p> <ul style="list-style-type: none"> ● Scales ● Measuring Jug ● Mixing bowl ● Heat proof spoon ● Muffin Tray ● Red Knife ● Red board ● Green Knife ● Green Board ● Frying pan ● Baking tray ● Pastry cutters <p>Know how to weigh and measure accurately.</p> <p>Know how to handle raw meat /cross contamination prevention, using a temperature probe.</p> <p>Know how to use the hob to fry on a high heat.</p> <p>Know how to combine and shape, wrapping chicken fajitas and rubbing in method for scones.</p> <p>Know how to stir fry and bake.</p> <p>Know the function of flour and fat when baking</p>	<ul style="list-style-type: none"> ● Scales ● Measuring jug ● Frying pan ● Sieve ● Fish slice ● Heat Proof spoon ● Teaspoon ● Tablespoon ● Serving spoon ● Green knife ● Green board ● Balloon whisk ● Grater <p>Know how to combine ingredients to make a pancake batter</p> <p>Know how to cook a pancake evenly and flip it</p> <p>Know how to brown mince and regulate the temperature of the hob when frying</p> <p>Know how to reduce a sauce to change to get ragu consistency</p> <p>Know how to crack and beat eggs</p> <p>Know how to cook an omelette evenly and build on pancake skills to flip it</p>	<p>Know how to consider energy balance through calories</p> <p>Know how to use :</p> <ul style="list-style-type: none"> ● rolling pin ● pastry cutters ● palette knife ● skewers <p>Know how to use the rubbing in method</p> <p>Know how to combine a shortcrust pastry dough</p> <p>Know how to set eggs in a pastry case</p> <p>Know how to skewer meat and vegetables</p> <p>Know what effect a marinade has on meat</p> <p>Know how to grill meat and how this affects nutritional value</p> <p>Know how to cook evenly on all sides using the grill</p>	<p>Know how to use:</p> <ul style="list-style-type: none"> ● Colander ● Spatula ● Saucepan ● Tongues ● Kettle <p>Know how to combine ingredients for a burger</p> <p>Know how to shape a burger</p> <p>Know how to toast a burger bun using a frying pan</p> <p>Know how to boil pasta</p> <p>Know how to Julienne and brunoise</p> <p>Know how to change the consistency of a sauce using pasta water</p> <p>Know how to bake using the fan oven</p> <p>Know how to make a cake batter using oats and the all in one method</p>	<p>Know how to cook a flatbread in a dry frying pan</p> <p>Know how to chiffonade lettuce leaves</p> <p>Know how to reflect on the skills they have learned so far and discuss which skills they will be using when designing and making their chosen dish</p> <p>Know how to prevent hazards when making their chosen dish</p> <p>Know how to adapt a dish to make it meet the eatwell guide</p> <p>Know how to apply knowledge of macro and micro nutrients to suggest a healthy and balanced lunchtime dish for a school canteen</p> <p>Know how to apply knowledge of food miles to adapt a dish that includes local ingredients</p> <p>Know how to apply knowledge of seasonality adapt a dish to include ingredients that are in season</p>
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Outcomes/Assessment	<p>Baseline summative assessment for prior knowledge Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered.</p> <p>Baseline Knowledge assessment:</p> <ul style="list-style-type: none"> - Eat Well Guide - Hygiene and safety - Naming food groups and nutrients - Identifying where some foods come from 	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment.</p> <p>Summative knowledge assessment:</p> <ul style="list-style-type: none"> - I can identify hygiene and safety hazards and suggest how to prevent them. - I can suggest some ways to have a healthy and balanced diet - I can identify the nutrients that make up a healthy and balanced meal. <p>Summative skills assessment: Can students;</p> <ul style="list-style-type: none"> - Prepare food safely and hygienically? - Use the hob? - Follow cross-contamination procedures? - Knife skills safely? 	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment.</p>	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment. Summative knowledge assessment. Summative skills assessment.</p> <p>Summative knowledge assessment:</p> <ul style="list-style-type: none"> - I can identify the key points from the eat well guide - I can identify the 8 healthy eating tips - I can describe the role of the macro nutrients in the body - I can describe the role of Vitamins A, D and C in the body. - I can discuss the traffic light labelling system - I can identify effects of sugar on the body - I can identify some effects of water and 	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment.</p>	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment. Summative knowledge assessment. Summative skills assessment.</p> <p>Summative knowledge assessment:</p> <ul style="list-style-type: none"> - I can define food provenance, seasonality and food miles - I can identify some key points from a design brief - I can suggest a dish to meet a design brief <p>Summative skills assessment: Can students;</p> <ul style="list-style-type: none"> - Prepare food safely and hygienically? - Use the hob and or oven? - Follow cross-contamination procedures? - Use more than one preparation skill

		<ul style="list-style-type: none"> - Combine and shape by wrapping? 		<p>hydration on the body</p> <p>Summative skills assessment: Can students;</p> <ul style="list-style-type: none"> - Prepare food safely and hygienically? - Use the oven? - Combine and shape using rolling and pastry cutting? - Set mixtures – coagulation of egg. 		<ul style="list-style-type: none"> - Use more than one cooking method? - Use presentation skills
<p>Prior knowledge</p>	<p>Know the difference between a fruit and a vegetable.</p> <p>Know where some food grows.</p> <p>Know how to use a blunt knife (using playdough, plasticine, clay etc).</p> <p>Know what eatwell guide is</p> <p>Know what seasonality means</p> <p>Know how to measure food in grams and millilitres</p>	<p><u>Know the food groups</u> - fruits and veg, dairy, proteins</p> <p>Know what sensory adjectives are for taste, texture, appearance and aroma</p> <p>Know how to complete a what went well and even better if style of evaluation</p> <p>Know how to prepare themselves to cook safely and hygienically</p> <p>Know what a scale is, and units of measurement.</p>	<p>Know the role of protein, carbohydrates, fat, vitamins and minerals in the human body and which food groups they match with</p> <p>Know how to hand peel and wash - progress to grating</p> <p>Know how to turn on and use the hob - progress to browning mince</p> <p>Know how to include description of skills in evaluation</p> <p>Know how to weigh and measure</p>	<p>Know what a macronutrient is</p> <p>Know what a micronutrient is</p> <p>Know what the role of vitamin A, C and D are</p> <p>Know what the role of calcium and iron are</p> <p>Know what coagulation means</p> <p>Know how to include a list of the skills used in their evaluation as well as what went well and even better if.</p> <p>Know how to use :</p>	<p>Know where some food grows</p> <p>Know that foods come from different places around the uk</p> <p>Know how to include a list of the skills used in their evaluation as well as what went well and even better if.</p> <p>Know how to brown mince and regulate the temperature of the hob when frying</p> <p>Know how to reduce a sauce to change to get ragu consistency</p>	<p>Know the macronutrients and micronutrient roles</p> <p>Know the 8 healthy eating tips and eatwell guide principles</p> <p>Know where food comes from, when some foods are in season and how far they have to travel to get to us</p> <p>Know how to turn on the hob, fan oven and grill</p> <p>Know how to select appropriate equipment</p> <p>Know how to demonstrate some combine and shape,</p>

	<p>Know that foods come from different places around the uk.</p> <p>Know what kitchen hazards are</p> <p>Know how to reflect on whether a dish they have made tasted good</p> <p>Know how to follow a recipe</p>	<p>Know how to use the bridge and claw.</p> <p>Know how to wash, peel by hand and blend.</p> <p>Know how to set and use; the grill and the hob</p> <p>Know how to use:</p> <ul style="list-style-type: none"> ● Blender ● Green chopping board ● Green Knife ● Sieve ● Frying pan ● Mixing bowl ● Heat proof spoon ● Measuring jug ● Teaspoon ● Tablespoon <p>Know how to grill and stir fry</p> <p>Know how to hand shape a flatbread</p>	<p>Knowing the states of matter liquids, solids, gases.</p> <p>Know how to use:</p> <ul style="list-style-type: none"> ● frying pan ● sieve ● green knife ● green board ● measuring jug ● weighing scales <p>Know how to fry on a high heat</p> <p>Know how to use all in one method to make cake batter progress onto pancake batter with different consistency</p> <p>Know the function of fat and flour when baking.</p>	<ul style="list-style-type: none"> ● Scales ● Measuring jug ● Frying pan ● Sieve ● Fish slice ● Heat Proof spoon ● Teaspoon ● Tablespoon ● Serving spoon ● Green knife ● Green board ● Balloon whisk ● Grater <p>Know how to crack and beat eggs</p> <p>Know how to cook an omelette evenly and build on this to bake the mixture in a quiche instead of frying</p> <p>Know how to turn on the grill to to know how to cook evenly using the grill</p>	<p>Know how to combine ingredients to make a pancake batter</p> <p>Know how to use:</p> <ul style="list-style-type: none"> ● Scales ● Measuring jug ● Frying pan 	<p>sauce making or cake making methods.</p> <p>Know what some examples of a balanced meal</p> <p>Know how to evaluate, include description of skills and nutrients in the dish with what went well and even better if.</p>
<p>Future learning</p>	<p><u>Autumn year 8 and year 9</u> Food poisoning bacteria names Characteristics of food poisoning bacteria Categorising hazards in a risk assessment - high , medium, low</p> <p><u>Spring Year 7</u></p>	<p><u>Autumn 2 and Spring year 8 and year 9</u> Macronutrients, micronutrients and dietary needs throughout life.</p> <p><u>Spring Y7</u> Simmering and boiling</p>	<p><u>Spring year 8 and 9</u> Different types of nutrients i.e. HBV protein, LBV protein, simple and complex carbohydrates, saturated and unsaturated fat.</p> <p><u>Spring 2 Y7</u></p>	<p><u>Spring 2 year 8 and year 9</u> Energy and nutritional needs throughout life. Nutritional needs of special diets including allergies, intolerances, religions and moral choices.</p>	<p><u>Summer 1 year 8 and year 9</u> Allergies and intolerances Fair trade, organic, RSPCA assured. Farm to fork how food is grown grown, reared and transported 3 R's and sustainability of food</p>	<p><u>Summer 2 Y8</u> Know the nutrient needs of different age groups</p> <p>Know the foods to avoid for different age groups</p> <p>Know how to select meals based on how they have been reared</p>

	<p>Using the cooker - regulating the temperature of the hob for different cooking methods and baking.</p> <p><u>Autumn Year 8</u> Knife skills - butterfly chicken</p> <p>Preparing fruits and vegetables - peeling with a vegetable peeler</p> <p><u>Throughout KS3</u> Use of equipment - equipment selection for different purposes</p>	<p>Combine and shape - skewering and pastry making</p> <p>Setting mixtures coagulation</p>	<p>progress from omelette to quiche in setting mixtures</p> <p>Weighing and measuring with rubbing in method to make shortcrust pastry</p> <p>Combine and shape progress from cake mixture to make pastry dough</p>	<p><u>Spring 2 year 8 and year 9</u> Making rough puff pastry and making puff pastry</p> <p>Using skewered meat in a curry sauce</p> <p>Combining and shaping to make sausage rolls and pies</p>	<p>Food trends in the media Religious diet choices</p> <p><u>Spring 2 and Summer 1 Y8</u> Combining and shaping using techniques moulds and pastry cutters</p> <p><u>Spring 1 Y8 and Summer Y9</u> Cake making methods - creaming and melting method</p> <p><u>Summer 1 Y8 and summer 1 Y10</u> Pasta making - risotto and pasta dough</p> <p><u>Spring 2 Y8 and Spring 1 Y9</u> Sauce making - making own curry paste and Roux sauce</p>	<p>Know how to turn on the hob, fan oven and grill independently</p> <p>Know how to select appropriate equipment independently</p> <p>Know how to propose a balanced meal</p> <p>Know how to evaluate, include description of skills and nutrients in the dish and suggest justified improvements</p>
<p>Why is this being studied?</p>	<p><u>Endpoints</u> To enable students to prepare an array of dishes using a wide range of skills safely and hygienically considering hazards to health including food poisoning and medical conditions.</p> <p>National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework</p>	<p><u>Endpoints</u> Students know the government guidelines on healthy eating throughout life and how to apply this to cook a range of healthy and balanced dishes.</p> <p>National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework</p>	<p><u>Endpoints</u> Students know the government guidelines on healthy eating throughout life and how to apply this to cook a range of healthy and balanced dishes.</p> <p>To know the principles of nutrition, how nutrients affect the body and how to adapt meals and the diet to ensure a balance of nutrients in the diet.</p> <p>National Curriculum</p>	<p><u>Endpoints</u> To know the principles of nutrition, how nutrients affect the body and how to adapt meals and the diet to ensure a balance of nutrients in the diet.</p> <p>National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework</p>	<p><u>Endpoints</u> To know the source of a range of different foods and the effect this can have on nutrition, the environment and cost.</p> <p>To know the factors to consider when choosing foods including trend, preference, cultural, political, medical and ethical.</p> <p>National Curriculum</p>	<p>To recall, apply and consolidate the declarative and procedural knowledge to date.</p> <p><u>Endpoints</u> To know how to apply knowledge of nutrition, factors that affect food choice and skills to research and create a dish that meets customer needs by tasting, evaluating and refining their ideas.</p>

			Secondary guidance KS3 food - core competencies, knowledge and skills framework		Secondary guidance KS3 food - core competencies, knowledge and skills framework	National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework
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Year 8 - Food	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic name	Hygiene and safety Developing cooking with knives, preparing fruits and vegetables and uses of the oven	Diet and good health Developing cooking with the hob, bread making and combine/shape.	Principles of nutrition Developing egg cookery, cooking methods, using raising agents and securing sauce making	Diet, good health and Principles of nutrition Developing pastry skills. Securing sauce making and combine and shape.	Where food comes from and factors affecting food choice. Developing in combing mixtures, pasta skills, cake making and securing sauce making.	Design, plan, make, evaluate.
Declarative knowledge	Know what the definition of a hazard Know what the definition of a risk Know what the colour coding of 6 chopping boards for food hygiene and safety Know the criteria for low, medium and high risks Know what the absorption method is Know what the key temperatures; freezer temperature	Know the food groups that vitamin A, C and D match with on the eat well guide. Know what some examples of plant based protein are Know what the role of omega 3 fatty acids are in the diet Know what an example of oily fish, white fish and shellfish is Know the food groups that iron and calcium match up with on the eat well guide.	Know what the role of vitamin B, E and K are Know what food sources of vitamin B and C are Know what the food sources of vitamin A, D, E and K are. Know what the food sources of iron and calcium are. Know the key nutrients that are important for each age group Know the common nutrient deficiency	Know what a vegetarian is Know what a vegan is Know what a pescatarian is Know what foods a vegetarian will not eat Know what foods a vegan will not eat Know what foods a pescatarian will not eat Know some religions that have special dietary needs and what they are	Know what fair trade means Know some examples of fair trade foods Know what organic means Know some examples of organic foods Know what the melting cake making method is Know what farm to fork means Know what growing food, rearing food and catching means	Know what some key points from a design brief are Know what level of risks are in their dish - low, medium, high

	<p>Know what happens to bacteria at cooking temperature, chilling temperature and freezing temperature</p> <p>Know what the names of 4 food poisoning bacteria are and some of the symptoms they can cause</p>	<p>Know what examples of simple and complex carbohydrates are</p> <p>Know what examples of saturated and unsaturated fat are</p> <p>Know what gluten is</p> <p>Know what 4 different raising agents are and give some example</p> <p>Know what yeast is</p> <p>Know what 4 factors yeast needs to be able to make a dough rise</p> <p>Know what the 5 cake making methods are;; rubbing in, creaming, all in one, whisking and melting.</p>	<p>related diseases that each age group may get</p> <p>Know the foods that each age group should avoid</p> <p>Know what an allergen is</p> <p>Know what the 14 allergens are</p> <p>Know some of the symptoms of an allergic reaction</p> <p>Know what an intolerance reaction is</p> <p>Know what food lactose and gluten can be food in</p> <p>Know the symptoms for lactose intolerance</p> <p>Know the symptoms for gluten intolerance</p>	<p>Know which foods are halal</p> <p>Know which foods are kosher</p>	<p>Know what some examples of grown food are - wheat and potatoes.</p> <p>Know what some examples of reared foods are - beef.</p> <p>Know an example of caught foods - fish.</p>	
<p>Procedural knowledge</p>	<p>Know how to categorise risks in the food room as low, medium or high</p> <p>Know how to identify the general hazards and cross contamination</p>	<p>Know how to reflect on their evaluation to develop from an 'even better if' to make suggestions on how to improve the skills.</p>	<p>Know how to incorporate fruit into a pancake batter</p> <p>Know how to portion and shape a thick scotch pancake batter</p>	<p>Know how to reflect on their evaluation to develop from an 'even better if' to make suggestions on how to improve the nutrients in the dish.</p>	<p>Know how to bind and shape a wet fish cake mixture</p> <p>Know how to coat using only flour</p>	<p>Know how to reflect on the skills they have learned so far and discuss which skills they will be using when designing and making their chosen dish</p>

	<p>hazards in a chicken pasta recipe</p> <p>Know how to wash hands regularly and use correct coloured equipment to prevent cross contamination</p> <p>Know how to butterfly a chicken breast</p> <p>Know how to manage their time to ensure different ingredients are cooked and ready to eat at the same time</p> <p>Know how fish can contribute to a healthy and balanced diet</p> <p>Know how to use sensory analysis to describe foods</p> <p>Know how to make a flavoursome sauce to the correct consistency using a premade curry paste</p> <p>Know how to use equipment to safely peel and grate vegetables</p> <p>Know how gluten can affect the texture when combining a cake mixture</p>	<p>Know how to use the absorption method</p> <p>Know how to blend a sauce independently</p> <p>Know how to suggest healthier alternatives for the macronutrients such as plant based protein and whole grain carbohydrates</p> <p>Know how energy is released and used differently from simple and complex carbohydrates</p> <p>Know how saturated and unsaturated fats affect the body differently</p> <p>Know how kneading a dough affects gluten</p> <p>Know how to proving affects the rise of the dough</p> <p>Know how to prove a dough</p> <p>Know how to shape using hand stretching</p> <p>Know how to make a reduce a sauce to the correct consistency</p>	<p>Know how to use a chemical raising agent, baking powder, in a pancake batter</p> <p>Know how to suggest a healthy meal for an age group</p> <p>Know how to use the absorption method to cook rice</p> <p>Know how to peel and medium dice potatoes</p> <p>Know how to use starch as a thickening agent in a sauce</p>	<p>Know how to make a rough puff pastry dough</p> <p>Know how to roll and laminate a rough puff pastry dough</p> <p>Know how to combine and shape using wrapping and plaiting to make sausage rolls</p> <p>Know how to independently use a temperature probe to check for cooking temperature</p> <p>Know how to use skewered grilled meat in a curry sauce</p> <p>Know how to make a curry sauce using a pre made curry paste</p> <p>Know how to make a yoghurt based sauce to the correct consistency without splitting</p>	<p>Know how to make a thick sauce using the starch from rice in a risotto</p> <p>Know how to cook rice in a sauce until it is al dente</p> <p>Know how to adapt the seasonings in a pasta dish to suit their taste</p> <p>Know how to use a bain marie for melting</p> <p>Know how to prevent coagulation when using the melting method</p> <p>Know the different baking times for different cakes and the skewer method</p>	<p>Know how to prevent hazards when making their chosen dish</p> <p>Know how to adapt a dish to make it meet the eatwell guide</p> <p>Know how to apply knowledge of macro and micro nutrients to suggest a healthy and balanced dish for a teenagers birthday party</p> <p>Know how to apply knowledge of fair trade and organic foods when designing a dish</p> <p>Know how to apply knowledge of how their ingredients where either grown, reared or caught.</p>
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		Know how to combine using the melting method				
Outcomes/Assessment	Baseline summative assessment for prior knowledge Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered.	Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment. Summative knowledge assessment. Summative skills assessment. Summative knowledge assessment; <ul style="list-style-type: none"> - I can describe the different types of each macronutrient including their role in the body and food sources - I can describe the negative effect of eating too much saturated fat and simple carbohydrates - I can identify key temperatures for food safety including cooking, chilling and the danger zone 	Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment.	Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment. Summative knowledge assessment. Summative skills assessment. Summative knowledge assessment: <ul style="list-style-type: none"> - I can identify the nutritional needs of different age groups - I can identify the nutritional needs of special diets - I can describe allergies and intolerances - I can describe what halal and kosher means Summative skills assessment- Can students; <ul style="list-style-type: none"> - Prepare food safely and hygienically? - Use the oven? 	Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment.	Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment. Summative knowledge assessment. Summative skills assessment. Summative knowledge assessment: <ul style="list-style-type: none"> - I can define fair trade, organic - I can describe how food gets from farm to fork - I can give examples of reared, grown or caught foods Summative skills assessment- Can students; <ul style="list-style-type: none"> - Prepare food safely and hygienically? - Use the hob and or oven? - Follow cross-contamination procedures?

		<p>Summative skills assessment- Can students;</p> <ul style="list-style-type: none"> - Prepare food safely and hygienically? - Use the oven? - Follow cross-contamination procedures? - Combine and shape by tederising and coating? 		<ul style="list-style-type: none"> - Combine and shape by rolling, folding and plaiting - General practical skills – glazing for presentation 		<ul style="list-style-type: none"> - Use more than one preparation skill - Use more than one cooking method? - Use presentation skills
Prior knowledge	<p>Know the 4C’s of food hygiene and safety; cleaning, cooking, chilling, cross contamination</p> <p>Know the key temperatures; Danger zone, chilling temperature and cooking temperature</p> <p>Know what happens to bacteria in the danger zone</p> <p>Know how to prevent hazards in the kitchen</p> <p>Know how to store food safely</p>	<p>Know what the key points from the eat well guide are; 5 a day, choose wholegrain, drink 6-8 glasses of water a day, limit sugar and salt, choose lower fat options.</p> <p>Know the role of protein, carbohydrates, fat, vitamins and minerals in the human body and which food groups they match with</p> <p>Know the government 8 healthy eating tips</p> <p>Know how to evaluate their own dish with what went well, even better if and starting to apply</p>	<p>Know what a macronutrient is</p> <p>Know what a micronutrient is</p> <p>Know what the functions of vitamin A, C and D are</p> <p>Know what the role of calcium and iron are</p> <p>Know what coagulation means</p> <p>Know how to include a list of the skills used in their evaluation as well as what went well and even better if.</p> <p>Know how to use :</p> <ul style="list-style-type: none"> • Scales 	<p>Know what the traffic light system on food labels is</p> <p>Know the short term and long term effects of too much sugar</p> <p>Know the effects of water and hydration</p> <p>Know what a marinade is</p> <p>Know what radiation is as a cooking method</p> <p>Know how to link the ingredients to the nutrients in their evaluation and begin to talk about how the dish follows the eat well guide.</p>	<p>Know the definition of food provenance</p> <p>Know the definition of seasonality</p> <p>Know the definition of food miles</p> <p>Know what the role of baking powder is</p> <p>Know how to describe some of the skills they have performed in their evaluation reflecting on went well and even better if.</p> <p>Know how to use:</p> <ul style="list-style-type: none"> • Colander • Spatula • Saucepan 	<p>Know what a design brief is</p> <p>Know what safety hazards apply to their dish</p> <p>Know how to shape and bind meat into a kofta</p> <p>Know how to combine and shape a flatbread</p> <p>Know how to knead</p> <p>Know how to cook a flatbread in a dry frying pan</p> <p>Know how to chiffonade lettuce leaves</p>

	<p>Know how to use sensory analysis to evaluate foods</p> <p>Know how to use:</p> <ul style="list-style-type: none"> • Green chopping board • Green Knife • Red chopping board • Red Knife • Sieve • Sauce pan • Mixing bowl • Heat proof spoon • Measuring jug • Teaspoon • Tablespoon • Scales • kettle • Muffin Tray <p>Know how to wash up and clean</p> <p>Know how to wash fruits and hand peel</p>	<p>their eatwell knowledge to their cooking.</p> <p>Know how to use :</p> <ul style="list-style-type: none"> • Blender • Scales • Measuring Jug • Mixing bowl • Heat proof spoon • Red Knife • Red board • Green Knife • Green Board • Frying pan • Baking tray • Pastry cutters <p>Know how to handle raw meat /cross contamination prevention, using a temperature probe.</p> <p>Know how to use the hob to fry or simmer.</p> <p>Know how to combine and shape, wrapping chicken fajitas, rubbing in method for scones and</p>	<ul style="list-style-type: none"> • Measuring jug • Frying pan • Sieve • Fish slice • Heat Proof spoon • Teaspoon • Tablespoon • Serving spoon • Green knife • Green board • Balloon whisk • Vegetable peeler <p>Know how to combine ingredients to make a pancake batter</p> <p>Know how to cook a pancake evenly and flip it</p> <p>Know how to brown mince and regulate the temperature of the hob when frying</p> <p>Know how to reduce a sauce to change to get ragu consistency</p> <p>Know how to crack and beat eggs</p> <p>Know how to cook an omelette evenly and build on pancake skills to flip it</p>	<p>Know how to consider energy balance through calories</p> <p>Know how to use :</p> <ul style="list-style-type: none"> • rolling pin • pastry cutters • palette knife • skewers <p>know how to use the rubbing in method</p> <p>Know how to combine a shortcrust pastry dough</p> <p>Know how to set eggs in a pastry case</p> <p>Know how to skewer meat and vegetables</p> <p>Know how to grill meat and how this affects nutritional value</p> <p>Know how to cook evenly on all sides using the grill</p>	<ul style="list-style-type: none"> • Tongues • Kettle <p>Know how to combine ingredients for a burger</p> <p>Know how to shape a burger</p> <p>Know how to toast a burger bun using a frying pan</p> <p>Know how to boil pasta so that it is al dente</p> <p>Know how to Julienne and brunoise</p> <p>Know how to change the consistency of a sauce using pasta water</p> <p>Know how to bake using the fan oven</p> <p>Know how to make a cake batter using oats and the all in one method</p>	<p>Know how to reflect on the skills they have learned so far and discuss which skills they will be using when designing and making their chosen dish</p> <p>Know how to prevent hazards when making their chosen dish</p> <p>Know how to adapt a dish to make it meet the eatwell guide</p> <p>Know how to apply knowledge of macro and micro nutrients to suggest a healthy and balanced lunchtime dish for a school canteen</p> <p>Know how to apply knowledge of food miles to adapt a dish that includes local ingredients</p> <p>Know how to apply knowledge of seasonality adapt a dish to include ingredients that are in season</p>
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	<p>Know how to use a sharp knife – bridge and claw</p> <p>Know how to safely use the oven to bake</p> <p>Know how to safely use the hob</p> <p>Know how to weigh and measure accurately.</p> <p>Know how to combine a cake mixture using the all in one method</p>	<p>all in one method for baked breakfast oats.</p> <p>Know how to stir fry and bake.</p> <p>Know the function of flour and fat when baking.</p> <p>Know how to combine and knead a flatbread.</p>	<p>Know how to cook noodles</p> <p>Know how to make a ragu sauce</p>			
Future learning	<p><u>Year 9 Autumn</u> Know the 5 common symptoms of food poisoning bacteria know the 4 conditions bacteria needs to multiply Give examples of some non food poisoning illnesses</p> <p>Make a cake batter using whisking method</p> <p>Making a curry paste</p> <p>Tenderising meat</p> <p>Dovetailing a recipe</p>	<p><u>Year 9 Autumn</u> Energy balance Special diets - vegan, vegetarian, allergies and intolerances</p> <p>Making a stock</p> <p>Making an enriched dough</p> <p>Plaiting and other hand shaping techniques</p>	<p><u>Year 8 Summer</u> Nutritional needs of different groups</p> <p><u>Year 9 Spring</u> Fat soluble and water soluble vitamins</p> <p>Making a vegetable noodle soup Making a roux sauce Making a savoury pancake batter using protein flour</p>	<p><u>Year 8 Summer</u> Know how to make a curry paste Know how to make a roux based sauce</p> <p><u>Year 9 Spring 2</u> Cooking methods effect on nutrition Know how to reflect on their evaluation to develop from an 'even better if' to make suggestions on how to adapt the sensory properties of the dish.</p> <p>Know why baking is healthier than frying</p> <p>Know how to wrap, glaze and bake using filo pastry</p>	<p><u>Year 9 Summer 1</u> how food is transported 3 R's sustainability Food trends in media</p> <p>Combine and shape meatballs and boiling spaghetti al dente Whisking cake making method</p>	<p><u>Year 9 Summer 2</u> Respond to a design brief independently and accurately considering nutrition, special dietary needs, sustainability and food trends</p> <p>Enriched bread dough</p>

Why is this being studied?	<u>Endpoints</u> To enable students to prepare an array of dishes using a wide range of skills safely and hygienically considering hazards to health including food poisoning and medical conditions.	<u>Endpoints</u> Students know the government guidelines on healthy eating throughout life and how to apply this to cook a range of healthy and balanced dishes.	<u>Endpoints</u> Students know the government guidelines on healthy eating throughout life and how to apply this to cook a range of healthy and balanced dishes.	<u>Endpoints</u> To know the principles of nutrition, how nutrients affect the body and how to adapt meals and the diet to ensure a balance of nutrients in the diet.	<u>Endpoints</u> To know the source of a range of different foods and the effect this can have on nutrition, the environment and cost.	To recall, apply and consolidate the declarative and procedural knowledge to date.
	National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework	National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework	To know the principles of nutrition, how nutrients affect the body and how to adapt meals and the diet to ensure a balance of nutrients in the diet. National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework	National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework	National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework	To know the factors to consider when choosing foods including trend, preference, cultural, political, medical and ethical. National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework

Year 9 - Food	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic name	Hygiene and safety Mastering cooking with knives, preparing fruits and vegetables and combine and shape	Diet and good health Securing bread making. Mastering cooking with the hob and combine/shape.	Principles of nutrition Mastering cooking methods, preparing vegetables using raising agents and securing sauce making	Diet, good health and Principles of nutrition Mastering pastry skills and combine/shape. Securing bread making and raising agents.	Where food comes from and factors affecting food choice Securing combining mixtures, pasta skills and mastering combine/shape.	Design, plan, make, evaluate
Declarative knowledge	Know what the 4 conditions are that bacteria needs to grow and multiply	Know the role of HBV protein and what food sources it comes from	Know that vitamin b and c are water soluble vitamins	Know what water based cooking methods are	Know what the 3 R's of sustainability are - Reduce, Reuse and Recycle	Know what some food trends are in the media

	<p>Know what some examples of sources of food poisoning bacteria are</p> <p>Know what some examples of non-food poisoning illnesses are including toxoplasmosis and solanine.</p>	<p>Know the role of LBV protein and what food sources it comes from</p> <p>Know that protein is made up of amino acids</p> <p>Know what the role of simple carbohydrates and some food examples</p> <p>Know what the role of complex carbohydrates are and some food examples</p>	<p>Know what the different cooking times of the different ingredients in a vegetable noodle soup are</p> <p>Know that vitamin A, D, E and K are fat soluble vitamins</p>	<p>Know what dry heat cooking methods are</p> <p>Know what we can do when cooking to retain nutrients</p>	<p>Know what the criteria for RSPCA assurance is</p> <p>Know what some examples of RSPCA assured foods are</p>	<p>Know what some key points from a design brief are</p> <p>Know what food poisoning bacteria may be in their dish</p>
Procedural knowledge	<p>Know how to reflect on their own hygiene and safety practices when evaluating making links to key temperatures or bacteria names specific to their dish making suggestions on improvements.</p> <p>Know which age groups are more vulnerable to food poisoning</p> <p>Know how food poisoning affects different age groups</p> <p>Know how to identify food poisoning bacteria</p>	<p>Know how to reflect on and improve their evaluation using a success criteria</p> <p>Know how to prepare and cook a plant based protein</p> <p>Know how to make a sauce thicker by reducing and simmering</p> <p>Know how to combine an enriched bread dough</p> <p>Know how bicarbonate of soda can be used as a raising agent</p>	<p>Know how the body processes vitamin b and c</p> <p>Know how water based cooking methods affect vitamin b and c</p> <p>Know how to build layers of flavour in their dish by adapting the seasoning using their awareness of the sensory characteristics</p> <p>Know how the body processes fat soluble vitamins</p> <p>Know how to make a roux based sauce</p>	<p>Know how to wrap glaze and bake filo pastry</p> <p>Know how to adapt the spicing of their food using their awareness of sensory characteristics</p> <p>Know how deep frying changes the nutritional value of the food and how it can be unhealthy</p> <p>Know how to suggest alternative cooking methods to deep frying</p>	<p>Know how climate change can affect the growing, rearing or catching of food</p> <p>Know how to combine a pasta dough</p> <p>Know how to roll out and cut pasta into tagliatelle freehand</p> <p>Know how to boil fresh pasta</p> <p>Know how to bind and shape blended chickpeas to make a falafel</p>	<p>Know how food trends can influence food choice</p> <p>Know how to suggest ways to control the food poisoning risk in their dish consolidating the hygiene and safety knowledge</p> <p>Know how to adapt a dish to include a balance of HBV protein, LBV protein, complex and simple carbohydrates that is suitable to be served at a festival</p>

	<p>in a dish that they are making</p> <p>Know how to prevent food poisoning when making chicken considering temperature, cross contamination and food storage</p> <p>Know how to enrobe a savoury filling in a chicken breast</p> <p>Know how to coat a chicken breast</p> <p>Know how to thinly slice potatoes</p> <p>Know how to layer vegetables to make a gratin</p> <p>Know how to mince meat using a knife</p> <p>Know how to fold and toast a tortilla into a quesadilla</p> <p>Know how to cook different proteins and how this can affect the outcome of the dish</p>	<p>Know how to adapt a dish for a vegan</p> <p>Know how to adapt a dish for an athlete</p> <p>Know how to describe the food sources of the different types of macronutrients – HBV protein, LBV protein, Simple carbohydrates and Complex carbohydrates.</p>	<p>Know how the starch in the flour thickens the sauce</p> <p>Know how to use a whisk to make a smooth sauce</p>	<p>Know how cooking using water based methods affects water soluble vitamins</p> <p>Know how dry heat cooking methods can affect vitamin b and proteins</p> <p>Know how frying can add trans and saturated fat into foods</p>	<p>Know how to make a gyros that includes multiple elements and cooking methods</p> <p>Know how to roll and wrap and skewer a greek flatbread</p>	<p>Know how to select appropriate cooking methods that consider the impact of nutritional value on their dish</p> <p>Know how to reduce, reuse or recycle when planning their dish</p> <p>Know how to suggest a dish that is on trend and suitable to be served at a festival</p>
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<p>Outcomes/Assessment</p>	<p>Baseline summative assessment for prior knowledge Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered.</p>	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment. Summative knowledge assessment. Summative skills assessment.</p> <p>Summative assessment:</p> <ul style="list-style-type: none"> • I can identify food poisoning bacteria, sources of bacteria, key temperatures and symptoms of food poisoning • I can identify the different types of macronutrients , food sources and role in the body. 	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment.</p>	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment. Summative knowledge assessment. Summative skills assessment.</p> <p>Summative assessment:</p> <ul style="list-style-type: none"> • I can identify water soluble and fat soluble vitamins • I can identify food sources of the micronutrients and can describe how the body processes them • I can identify healthier cooking methods • I can identify some deficiency diseases of vitamin D. 	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment.</p>	<p>Weekly skills confidence/progress checkers and written theory answers on knowledge concepts covered. Extended writing evaluation assessment. Summative knowledge assessment. Summative skills assessment.</p> <p>Summative assessment:</p> <ul style="list-style-type: none"> • I can give some examples of sustainability within the food industry • I can give some examples of the effect climate change is having on food availability • I can identify some food trends and how media links to the food industry
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<p>Prior knowledge</p>	<p>Know what the definition of a hazard</p> <p>Know what the definition of a risk</p> <p>Know what the colour coding of 6 chopping boards for food hygiene and safety</p> <p>Know the criteria for low, medium and high risks</p> <p>Know what an example of oily fish, white fish and shellfish is</p> <p>Know what some examples of plant based protein are</p> <p>Know what the role of omega 3 fatty acids are in the diet</p> <p>Know what the absorption method is Know what the key temperatures; freezer temperature</p> <p>Know what happens to bacteria at cooking temperature, chilling</p>	<p>Know the food groups that vitamin A, C and D match with on the eat well guide.</p> <p>Know the food groups that iron and calcium match up with on the eat well guide.</p> <p>Know what examples of simple and complex carbohydrates are</p> <p>Know what examples of saturated and unsaturated fat are</p> <p>Know what gluten is</p> <p>Know what 4 different raising agents are and give some example</p> <p>Know what yeast is</p> <p>Know what 4 factors yeast needs to be able to make a dough rise</p> <p>Know what the 5 cake making methods are,; rubbing in, creaming, all in one, whisking and melting.</p>	<p>Know what the role of vitamin B, E and K are</p> <p>Know what food sources of vitamin B and C are</p> <p>Know what the food sources of vitamin A, D, E and K are.</p> <p>Know what the food sources of iron and calcium are.</p> <p>Know the key nutrients that are important for each age group</p> <p>Know the common nutrient deficiency related diseases that each age group may get</p> <p>Know the foods that each age group should avoid</p> <p>Know what an allergen is</p> <p>Know what the 14 allergens are</p>	<p>Know what a macro nutrient is</p> <p>Know what a micronutrient is</p> <p>Know what water and fat soluble vitamins are</p> <p>Know how the body processes vitamins</p> <p>Know what the role of fat is in the body and the two different types of fat</p> <p>Know what radiation is as a cooking method</p> <p>Know how to bake</p> <p>Know how to grill</p> <p>Know how to Fry</p> <p>Know how to make a rough puff pastry dough</p> <p>Know how to roll and laminate a rough puff pastry dough</p> <p>Know how to combine and shape using</p>	<p>Know what fair trade means</p> <p>Know some examples of fair trade foods</p> <p>Know what organic means</p> <p>Know some examples of organic foods</p> <p>Know what the melting cake making method is</p> <p>Know what farm to fork means</p> <p>Know what growing food, rearing food and catching means</p> <p>Know what some examples of grown food are - wheat and potatoes.</p> <p>Know what some examples of reared foods are - beef.</p> <p>Know an example of caught foods - fish</p> <p>Know how to bind and shape a wet fish cake mixture</p>	<p>Know what some key points from a design brief are</p> <p>Know what level of risks are in their dish - low, medium, high</p> <p>Know how to reflect on the skills they have learned so far and discuss which skills they will be using when designing and making their chosen dish</p> <p>Know how to prevent hazards when making their chosen dish</p> <p>Know how to adapt a dish to make it meet the eat well guide</p> <p>Know how to apply knowledge of macro and micro nutrients to suggest a healthy and balanced dish for a teenagers birthday party</p> <p>Know how to apply knowledge of fair trade and organic foods when designing a dish</p>
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	<p>temperature and freezing temperature</p> <p>Know what the names of 4 food poisoning bacteria are and some of the symptoms they can cause</p> <p>Know how to categorise risks in the food room as low, medium or high</p> <p>Know how to identify the general hazards and cross contamination hazards in a chicken pasta recipe</p> <p>Know how to wash hands regularly and use correct coloured equipment to prevent cross contamination</p> <p>Know how to butterfly a chicken breast</p> <p>Know how to manage their time to ensure different ingredients are cooked and ready to eat at the same time</p>	<p>Know how to reflect on their evaluation to develop from an 'even better if' to make suggestions on how to improve the skills.</p> <p>Know how to use the absorption method</p> <p>Know how to blend a sauce independently</p> <p>Know how to suggest healthier alternatives for the macronutrients such as plant based protein</p>	<p>Know some of the symptoms of an allergic reaction</p> <p>Know what an intolerance reaction is</p> <p>Know what food lactose and gluten can be food in</p> <p>Know the symptoms for lactose intolerance</p> <p>Know the symptoms for gluten intolerance</p> <p>Know how to suggest a healthy meal for an age group</p> <p>Know how to make a flavoursome sauce to the correct consistency using a premade curry paste</p> <p>Know how to cook noodles</p> <p>Know how to use starch as a thickening agent in a sauce</p>	<p>wrapping and plaiting to make sausage rolls</p> <p>Know how to independently use a temperature probe to check for cooking temperature</p>	<p>Know how to coat using only flour</p> <p>Know how to make a thick sauce using starch from rice in a risotto</p> <p>Know how to cook rice in a sauce until it is al dente</p> <p>Know how to adapt the seasonings in a pasta dish to suit their taste</p> <p>Know how to use a Bain Marie for melting</p> <p>Know how to prevent coagulation when using the melting method</p> <p>Know the different baking times for different cakes and the skewer method</p>	<p>Know how to apply knowledge of how their ingredients were either grown, reared or caught.</p>
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	<p>Know how fish can contribute to a healthy and balanced diet</p> <p>Know how to use sensory analysis to describe foods</p> <p>Know how to use equipment to safely peel and grate vegetables</p> <p>Know how gluten can affect the texture when combining a cake mixture</p>					
Future learning	<p>WJEC Hospitality and Catering</p> <p>Unit 1 1.3.1 Health and safety in hospitality and catering provision 1.3.2 Food safety</p> <p>1.4.1 Food related causes of ill health 1.4.2 SYmptoms and signs of food induced ill health 1.4.3 Preventative control measures of food induced ill health 1.4.4 The Environmental Health Officer</p>	<p>WJEC Hospitality and Catering</p> <p>Unit 1 1.2.3 Hospitality and catering provision to meet specific requirements 1.4.1 Food related causes of ill health 1.4.2 Symptoms and signs of food related causes of Ill health</p> <p>Unit 2 2.1.1 Understanding the importance of nutrition 2.3.1 How to prepare and make dishes</p>	<p>WJEC Hospitality and Catering</p> <p>Unit 1 1.2.3 Hospitality and catering provision to meet specific requirements</p> <p>Unit 2 2.1.1 Understanding the importance of nutrition 2.1.2 How cooking methods can impact on nutritional value 2.3.1 How to prepare and make dishes 2.3.2 Presentation techniques</p>	<p>WJEC Hospitality and Catering</p> <p>Unit 1 1.2.3 Hospitality and catering provision to meet specific requirements</p> <p>Unit 2 2.1.1 Understanding the importance of nutrition 2.1.2 How cooking methods can impact on nutritional value 2.3.1 How to prepare and make dishes 2.3.2 Presentation techniques</p>	<p>WJEC Hospitality and Catering</p> <p>Unit 1 1.1.4 Contributing factors to the success of hospitality and catering provision 1.2.2 Customer requirements in hospitality and catering 1.2.3 Hospitality and catering provision to meet specific needs</p> <p>Unit 2 2.1.1 Understanding the importance of nutrition</p>	<p>WJEC Hospitality and Catering</p> <p>Unit 1 1.1.1 Hospitality and catering providers 1.1.4 Contributing factors to the 1.2.2 Customer requirements in hospitality and catering 1.2.3 Hospitality and catering provisions to meet specific requirements</p> <p>Unit 2 2.2.1 Factors affecting menu planning</p>

	<p>Unit 2 2.2.2 How to plan production - health safety and hygiene, quality points, contingencies. cooking, cooling, hot holding and serving 2.3.1 How to prepare and make dishes 2.3.2 Presentation techniques 2.3.3 Food safety practices 2.4.1 Reviewing of dishes</p>	<p>2.3.2 Presentation techniques 2.4.1 Reviewing of dishes</p>	<p>2.4.1 Reviewing of dishes</p>	<p>2.4.1 Reviewing of dishes</p>	<p>2.2.1 Factors affecting menu planning 2.2.2 How to plan production 2.3.1 How to prepare and make dishes 2.3.2 Presentation techniques 2.4.1 Reviewing of dishes</p>	<p>2.2.2 How to plan production 2.3.1 How to prepare and make dishes 2.3.2 Presentation techniques 2.4.1 Reviewing of dishes</p>
<p>Why is this being studied?</p>	<p>Endpoints To enable students to prepare an array of dishes using a wide range of skills safely and hygienically considering hazards to health including food poisoning and medical conditions.</p> <p>National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework</p>	<p>Endpoints Students know the government guidelines on healthy eating throughout life and how to apply this to cook a range of healthy and balanced dishes.</p> <p>National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework</p>	<p>Endpoints Students know the government guidelines on healthy eating throughout life and how to apply this to cook a range of healthy and balanced dishes.</p> <p>To know the principles of nutrition, how nutrients affect the body and how to adapt meals and the diet to ensure a balance of nutrients in the diet.</p> <p>National Curriculum Secondary guidance KS3 food - core competencies,</p>	<p>Endpoints To know the principles of nutrition, how nutrients affect the body and how to adapt meals and the diet to ensure a balance of nutrients in the diet.</p> <p>National Curriculum Secondary guidance KS3 food - core competencies, knowledge and skills framework</p>	<p>Endpoints To know the source of a range of different foods and the effect this can have on nutrition, the environment and cost.</p> <p>To know the factors to consider when choosing foods including trend, preference, cultural, political, medical and ethical.</p> <p>National Curriculum Secondary guidance KS3 food - core competencies,</p>	<p>To recall, apply and consolidate the declarative and procedural knowledge to date.</p> <p>Endpoints To know how to apply knowledge of nutrition, factors that affect food choice and skills to research and create a dish that meets customer needs by tasting, evaluating and refining their ideas.</p> <p>National Curriculum Secondary guidance KS3 food - core competencies,</p>

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