

# Food/Catering Key Stage 3 Curriculum 2024 - 2025

## 1 Lesson per fortnight each year group

	Year 7			Year 8			Year 9		
	Knowledge and skills	Enrichment	Additional information e.g. Cross-Curricular	Knowledge and skills	Enrichment	Additional information e.g. Cross-Curricular	Knowledge and skills	Enrichment	Additional information e.g. Cross-Curricular
Cycle 1	<b>Introduction to food skills and nutrition</b> Hygiene and safety. Eatwell Guide How to write a dish proposal  <i>Practical work: Layered salad Pizza toast</i>  Assessment: Pizza toast proposal and practical outcome	Gardening club	annotation: English  Communication: annotation of proposal. Verbal communication in kitchens Collaborative working: practical lessons  Careers: chef	<b>Diet and life stage</b> Dietary needs at different life stages Protein & Calcium Pizza proposal  <i>Practical work: Yeast based dough Pizza Sausage rolls</i>  Assessment: Pizza proposal and practical outcome	Gardening club	Communication: annotation of proposal. Verbal communication in kitchens Collaborative working: practical lessons  Careers: food manufacturing inspector	<b>Introduction to the industry</b> Importance of good nutrition Role of EHO World foods  <i>Practical work: Fajitas Torrijas (MFL collaboration) Enchiladas</i>  Assessment: practical outcomes	Gardening club	Communication: terminology related to job roles Verbal communication in kitchens Collaborative working: practical lessons  Careers: wait staff front of house staff  MFL Collaboration Torrijas
Cycle 2	<b>Ethical and social issues</b> Food assurance schemes Introduction to production plans Self-reflection /Evaluation  <i>Practical work:</i>	Gardening club	Communication: writing step-by step plans, being able to follow a plan. Verbal communication in kitchens Collaborative working: practical lessons	<b>Environmental issues</b> Process of gelatinisation Standard components in food. Burger proposal Fats  <i>Practical work:</i>	Gardening club	Communication: writing step-by step plans, being able to follow a plan. Verbal communication in kitchens Collaborative working: practical lessons	<b>World foods</b> Street foods/Writing dish proposals Future of food Environment and agriculture  <i>Practical work: Samosas (sweet)</i>	Gardening club	Food and environmental issues/Food security: Science  Communication: annotation of proposal. Verbal communication in kitchens

	<b>Chicken nuggets</b> <b>Muffins</b> <b>Stir fry</b> Assessment: Chicken nuggets Production plan and outcome Muffins proposal		Careers: baker	<b>Macaroni Cheese</b> <b>Chilli Nachos</b> <b>Turkey burgers</b>  Assessment: Burger proposal Fats assessment		Careers: chef de partie	<b>Caribbean Curry</b> Assessment: Dish proposal		Collaborative working: practical lessons  Careers: street food trader
Cycle 3	<b>Consumer choice and healthy eating</b> Carbohydrates Seasonal foods  <b>Practical work:</b> <b>Scones</b> <b>Koftas</b> <b>Apple crumble</b>  Assessment: Carbohydrates End of year test	Gardening club	Carbohydrates: Science (cycle 1)	<b>Ethical issues</b> Traceability Animal welfare Self-reflection /Evaluation Vitamins.  <b>Practical work:</b> <b>Lamb Rogan Josh</b> <b>Mini Frittatas</b>  Assessment: Function of fats End of year test	Gardening club	Vocab Religion: RE Communication: writing step-by step plans, being able to follow a plan. Verbal communication in kitchens Collaborative working: practical lessons  Careers: EHO	<b>Future of food</b> Local v global environmental issues. Production planning MFL collaborative project  <b>Practical work:</b> <b>Savoury rice</b> <b>Mediterranean tart</b> <b>Chinese chicken</b>  Assessment: Production Plan End of year test	Gardening club	Food Practical skills: MFL Communication: application of key terminology in correct context. Verbal communication in kitchens Collaborative working: practical lessons  Careers: food scientist