

## Gordon's School Food & Nutrition Department



## Key Stage 3 - Curriculum Map

## **Key Words:**

Nutrients

Macronutrients

Micronutrients

Obesity

Hygiene

Food safety

Cross contamination

BMI Body Mass Index

Food science

Gelatinisation



**Preparation for GCSE** NEA 2 project

Afternoon tea challenge



**Dietary diseases** Obesity **Diabetes** 



**Culinary Skills Food Presentation** Practical routine (recap)



**Food Choice** Vegetarians Allergens Special Diets and religion



Time management

Preparing meat

Making pastry

Rubbing in

Knife skills

**Key Skills:** 

Bridge and claw grip

Organisation skills

Presentation skills



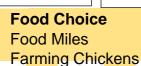
Food Science

NEA 1 Project

quide and nutrition Gluten Experiment Raising Agents



Healthy Eating - Recap eat well





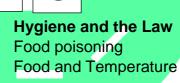
**Culinary skills** Sauce making Whisking method Bread making

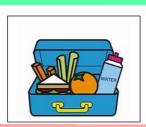


Year 8



In Year 9 learners will develop confidence of cooking a range of dishes and understanding hygiene and the law and diets.





**Planning Meals** Design a lunchbox product Plan making a batch of scones

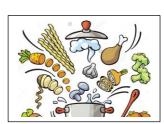


**Food Choice Using leftovers** Food waste

**Healthy Eating** 

Nutrients in food Eat Well guide and

nutrition







Bacteria in food Bacterial growth Food safety in the kitchen (recap) Practical routine (recap)

In Year 8 learners will develop confidence of cooking a range of dishes and understanding food science



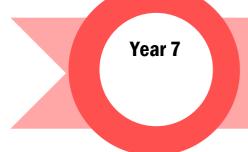
**Food Safety** Safe use of the oven, hob and equipment in the kitchen



**Culinary Skills** Weighing and measuring Rubbing in method Knife skills







In Year 7 learners will develop basic understanding of nutrition and culinary skills

