



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

Key Skills:

Bridge and claw grip
Knife skills
Preparing meat
Making pastry
Rubbing in
Time management
Organisation skills
Presentation skills

