



# 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

