



KS3 PROGRAMME OF STUDY- Food Preparation and Nutrition

	Year 7	Theory/Techniques and Skills	Homework
1	Introduction to course and Food room Hygiene and Safety, Equipment used Bacteria and cross contamination	Theory – washing up, safely using knife and equipment, purpose of each equipment used, safely preparing food, Bacteria and cross contamination	<p>Students given booklet at the start of rotation and answer questions each week on the topic covered in each lesson.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="width: 20px; height: 20px; background-color: #00aaff; border: 1px solid black;"></div> Experiments <div style="width: 20px; height: 20px; background-color: #90ee90; border: 1px solid black;"></div> Practical lessons </div>
2	Eatwell Guide – Food Groups 8 guidelines to healthy eating	Eatwell Guide – 8 guidelines set for healthy eating by Public Health UK and Food Standards Agency	
3	Vitamins & Minerals - Fruit and Vegetables Tasting fruits & veg Fruit Salad, 5 fruits - practical Sensory evaluation	Nutritional information about Fruit and Vegetable and importance of Fibre in our diets. Knife skills - Bridge hold and Claw hold, dicing fruits, chopping and peeling Fair testing	
4	Vegetable & Cheese Burrito- practical lesson	Metric system, weighing, Knife skills slicing, grating cheese and using oven safely	
5	Apple and Blueberry muffins – practical lesson	Slicing apples, making cake mixture, checking if cake is cooked or not, chemical raising agent	
6	Carbohydrates – Potatoes, Bread, Rice, Pasta and other starchy foods Bread tasting	Nutritional information on slow releasing starches – cereals, wheat Fair testing	
7	Mini Pizzas - practical	Make dough - use of yeast to help dough rise biological raising agent	
8	Ragu Pasta - practical	Making tomato sauce, cooking pasta – boiling and simmering	
9	Protein – Meat, Fish and alternatives Eggs experiment	Nutritional information of Eggs Hob use, timing, boiling, simmering, team work	
10	Fruity whisked sponge - practical	Use of Eggs in baking - Whisking, baking, using oven safely	
11	Meat and Fish - Nutrients	Nutrients in Fish and Meat, comparing them and how to prepare meat and Fish safely as they are high risk foods	
12	Creamy chicken pie – practical lesson	Cutting Chicken into bite size pieces, making white sauce, chopping mushrooms, handling Shortcrust pastry	
13	Fish cakes – practical lesson	Binding mixtures using eggs, coating with breadcrumbs, shallow frying	
14	Fats - Dairy Foods, Nutrients & Cheese tasting	Nutritional information on all dairy foods and their importance in our diets Saturated and unsaturated Fats	
15	Make Cheese and butter	Working in groups, to show how an acid can curdle milk and make cheese and how the fat is separated from the milk to make butter.	
16	Ricotta, Pepper and Spinach Strudel – practical lesson	Use of Puff pastry, slicing peppers, use of 2 different types of cheese, baking	
17	Revision on topics covered for end of module assessment		
18	End of module assessment	Completed and marked during lesson	

KS3 PROGRAMME OF STUDY- Food Preparation and Nutrition

	Year 8	Theory/Techniques and Skills	Homework		Year 9	Theory/Techniques and Skills	Homework	
1	Introduction to course – Eatwell Guide – Food spoilage and contamination	Focus on Macronutrients – Enzymic browning, preventing food poisoning when preparing fruit and vegetables	Students given booklet at the start of rotation and answer questions each week on the topic covered in each lesson.	1	Introduction to Healthy Eating	Making informed choices for a varied and balanced diet – portion size, cost, life stages and specific dietary groups	Students given booklet at the start of rotation and answer questions each week on the topic covered in each lesson.	
2	Multicultural foods and ingredients – Food choices - Food miles and Food provenance	Cultural, ethical, moral, religious and medical reasons for making food choices		2	Raising Agents – Experiment with Yeast Scone sensory evaluation	Chemical and biological Raising Agents, how they are used in cooking and their effects. Raising agents used in Scones		
3	Banbury cakes – practical lesson	Handling puff pastry, coating with egg wash, using dried fruit, oven use		3	Make Pasta dough and freeze Make Soda bread	Importance of Eggs in Pasta dough. Raising agents in Soda bread and		Experiments  Practical lessons 
4	Chicken Fajitas – practical lesson	Making the wrap for the Fajita, dough making, cutting Chicken into bite size pieces, cooking chicken properly, slicing peppers, rolling wrap		4	Pesto and Tagliatellie	Using pasta machine to roll out pasta to make Tagliatellie, cooking pasta, making nut free Pesto		
5	Thai green curry and rice – practical lesson	Boiling rice,		5	Savoury Pin Wheels	Pizza dough used to make mini pin wheels		
6	Marble pear bake – practical lesson	Creating marble effect in cake, oven use, cake making		6	Swiss roll Make Jam	Making strawberry jam, rolling cake to make Swiss roll		
7	Spaghetti Bolognese – practical lesson	Knife skills, chopping vegetables, making Bolognese sauce		7	Make filo pastry for Vegetable Samosas and freezing	Rolling dough and layering fat to make Filo pastry, keeping dough cold so that butter does not turn into oil		
8	Banana and Blueberry muffins	Use of sweet fruit to sweeten cake, baking		8	Vegetable Samosas	Making triangle parcels for samosas, making paste for sealing samosas, baking samosas, knife skills dicing vegetables		

9	End of module Assessment	Completed and marked during lesson		9	End of module Assessment	Completed and marked during lesson	
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