

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



Culinary skills

Sauce making

Bread making

Whisking method

Preparation for GCSE
NEA 2 project
Afternoon tea challenge



Dietary diseases
Obesity
Diabetes

Year 9



Culinary Skills
Food Presentation
Practical routine (recap)



Food Choice
Vegetarians
Allergens
Special Diets and religion

ts and religion



Time management

Knife skills

Preparing meat

Making pastry

Rubbing in

Organisation skills

Presentation skills

Key Skills:

Bridge and claw grip



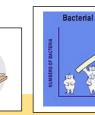




Food Science NEA 1 Project

Healthy Eating – Recap eat well guide and nutrition Gluten Experiment Raising Agents





Food Choice

Farming Chickens

Food Miles

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





In Year 9 learners will

develop confidence of

and the law and diets.

cooking a range of dishes

and understanding hygiene

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



Food Choice
Using leftovers
Food waste

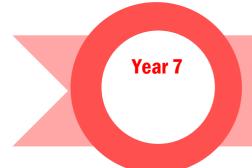
Hygiene and the Law

Food and Temperature

Food poisoning







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



Food Safety
Safe use of the oven, hob and equipment in the kitchen
Health and Safety within the kitchen and food



Culinary Skills
Weighing and measuring
Rubbing in method
Knife skills



Healthy Eating
Nutrients in food
Eat Well guide and
nutrition



KEEP CALM EAT HEALTHY

