

Key Stage 3: Food & Cooking Curriculum Map 23/24

Prior Learning:

At KS3 some students have embedded the following skills and knowledge

- Safe knife skills (supervised)
- Ability to use a hob/oven/grill (supervised)
- Prepare and or cook basic healthy snacks / meals (supervised)
- Have some knowledge of Eatwell guide/ kitchen safety / food safety / personal hygiene rules for cooking

Curriculum Intent: Food lessons will inspire our students of all ability and prior knowledge to have the **versatility** to learn skills for success. This will bring about the **aspiration** to use these in future education/ career choices or in everyday life (skills). Our students will become **learned** and able to discuss or physically demonstrate their new skills and knowledge, students will foster a developing **understanding** of teamwork, independence, self-belief, sustainability and future careers choices. Food and Cooking will offer an **engaging** and nurturing curriculum for students to develop skills and experience both awe and wonder. It is hoped that everyone will show a **determination** and responsibility for their own success

SMSC – Foods from around the world, fair trade, looking at careers.

ORACY – discussing key words meanings / methods/

LITERACY/NUMERACY/IT – use of key words and terminology, Weighing, measuring, timing, laptops for research and production of some work tasks.

Cross curricular links – Maths, science

Year 7

Food Rotation: 7 to 9 Weeks

Module Title	Kitchen Independence		
Learning Focus	<p>Practical:</p> <ul style="list-style-type: none"> • Safe use of knives to prepare snacks and meals • Fruit salad • Crumble • Pancakes • Pasta Salad • Croque Monsoir • Buns/FlapJack/scone pizza • Noodles <p>Theory:</p> <ul style="list-style-type: none"> • Food safety • Kitchen safety • Personal Hygiene 		
Careers Focus	Discussion about careers linked to food.		
Assessment	Practical – Pasta Salad.		
What Secure Learning Looks Like	<p>Preparation skills:</p> <ul style="list-style-type: none"> • I can weigh and measure with little / no support. • I use knives safely • I cut items and they are mostly the same size and shape (Accurate and precise) • I select correct equipment for tasks with no guidance • I use kitchen equipment safely 	<p>Cooking / Presenting:</p> <ul style="list-style-type: none"> • I follow a recipe with independence / very occasional support or guidance. • I consider hygiene, health and safety throughout. • I consider presentation and food is safe to eat 	<p>Theory Knowledge:</p> <ul style="list-style-type: none"> • I can share ideas and knowledge regarding safety and hygiene with explanations attempted • I share ideas about safety and hygiene in conversation and attempt to explain myself using keywords

