

Food Catering		This is a summary document of curriculum covered in Key stage 3 Food Catering	Teaching staff	Jane Stainer, Matt Wagner
Year 7 Overview Students will gain a knowledge and understanding of key macronutrients required in large amounts within the diet with a clear understanding of what is meant by a balanced diet. By the end of the rotation students will understand the key parts of the Eatwell guide as well as the main functions of protein, fat and carbohydrate in the body and foods they can be found in				
When	Overview	Core Knowledge	Planned Recall	Assessments
Cycle 1 2 3	Macronutrients including functions and sources of fats, carbohydrates and protein in the diet. Food, nutrition and health Food choice Food safety	Pupils will know about and learn the following <ul style="list-style-type: none"> - Eatwell Guide + current guidelines - Define a balanced diet - Hygiene and safety when preparing and cooking foods - Types of carbohydrate, fats and protein - Functions of carbohydrate, fats and protein in the diet - Sources of carbohydrate, fats and protein foods Pupils will Carry out the following <ol style="list-style-type: none"> 1. Fruit Salad or Coleslaw 2. Spaghetti bolognaise, or Pasta Salad 3. Marble cake or mini fruitcakes 4. Scone base pizza or pizza toast 5. Apple crumble or vegetable crumble 6. Garlic cheese bread or bread 7. Stir – fry 	Students to use knowledge gained in primary school on the eat well guide	Bench Mark test Homework forms End of cycle assessment.



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Year 8 Overview Students will use and build upon their existing knowledge of balanced diets and macronutrients gained from Year 7 to develop an understanding of the effects that diet has on life. This will include looking at the role that vitamins and minerals play in the diet as well as the impact of deficiencies and excess on the body. Students will start to apply knowledge of macro and micronutrients to different life stages and dietary groups to build an understanding of what the body needs, when and why.

When	Overview	Core Knowledge	Planned Recall	Assessments
Cycle 1 2 3	Recap of healthy eating and Eatwell guide/macronutrients Micronutrients: Vitamins Micronutrients: Minerals Dietary groups including links to intolerances and allergies Lifestyle stages Labelling Costing Food, nutrition and health Food choice Food safety	Pupils will know about and learn the following Types of micronutrients Functions of minerals (calcium, iron, sodium) Functions of vitamins (A, B, C & D) Sources of vitamins (A, B, C & D) Functions of minerals (calcium, iron, sodium) Sources of minerals (calcium, iron, sodium) Dietary groups: vegetarians (Lacto-ovo, ovo, Lacto), vegans, coeliac, lactose intolerant Life stages (inc. pregnant & lactating): how peoples nutritional needs change and planning a balanced diet for different life stages Pupils will Carry out the following <ol style="list-style-type: none"> 1. Bread-based pizza 2. Upside down pudding or Fruity Muffins 3. Sausage rolls or sausage plait 4. Macaroni cheese or pasta bake 5. Cheese straws or cheese and onion pasties 6. Victoria Sandwich or Swiss Roll 7. Shortbread or scones 	Students will use and build upon their existing knowledge of balanced diets and macronutrients gained from Year 7 to develop an understanding of the effects that diet has on life	Bench Mark test Homework forms End of cycle assessment.



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Year 9 Overview allows students to explore the relationships between food, diet and health. Links between poor diet and dietary disease will be considered with a focus on how to plan and modify a diet. Food spoilage including principles of food safety will be explored in more depth and linked to practical activities whilst further developing an appreciation of seasonality and sustainability. The aim for all students by the end of this rotation will be to have built a rounded understanding of diet, nutrition and health that can help to make informed choices throughout life if Food is not studied at GCSE whilst also having the skill to produce foods for themselves.

When	Overview	Core Knowledge	Planned Recall (knowledge that this builds on)	Assessments
Cycle 1 2 3	Recap of healthy eating + macro/micronutrients from year 7 and 8 Diet related disease Food Poisoning bacteria, symptoms and causes Seasonality Food, nutrition and health Food choice Food provenance Food safety	Pupils will know about and learn the following Dietary disease: relationship between diet, nutrition and health including obesity, cardiovascular disease, CHD and strokes How to carry out nutritional analysis Planning and modifying recipes Planning and modifying meals Planning and modifying diets Nutritional analysis of recipes Analysing diets How does food spoilage happen including signs – bacteria, yeasts and moulds Bacterial contamination: sources, symptoms, types and methods of control Principles of food safety Seasonality of ingredients Pupils will Carry out the following <ol style="list-style-type: none"> 1. Focaccia 2. Cinnamon buns/Chelsea buns 3. Curry/Cottage Pie/Fajitas 4. Flaky Pastry homemade cheese straws 5. Roulade/profiteroles 6. Cheesecake/ Banoffee pie 7. Brownies or Muffin Doughnuts 	In Years 7 and 8 students developed an understanding of the role that nutrients play in ensuring a healthy balanced diet	Bench Mark test Homework forms End of cycle assessment.



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