



KS3 Food and Nutrition - Programme of Study

Year	Project	Knowledge	Assessment
7	Getting to grips	<ul style="list-style-type: none"> Hygiene and safety in the kitchen. Introduction to basic equipment. Knife skills- Bridge and claw grip. Nutrition- Use of the Eatwell guide-the importance of fruit and vegetables in the diet. Sensory analysis- to test a products success. 	<ul style="list-style-type: none"> Homework to assess each lessons knowledge content. Focussed practical tasks- assessed by teacher. Final Assessment, to Design and modify an existing product and evaluate using nutritional profiling and sensory testing (star profiles) to analyse success.
8	Starchy foods	<ul style="list-style-type: none"> Nutrition- The importance of starchy-Staple foods in the diet. Extending practical skills to make bread/ pastry, pasta and sauce products. Final assessment to design, plan, prepare and evaluate a starchy product suitable to be served for school lunch. Use of templates in student shared area to calculate the cost / nutritional profiling and photographic evidence. 	<ul style="list-style-type: none"> Research - staple foods and products made from each cereal.-Teacher marked. Focussed practical tasks making starchy foods - Teacher, Self and peer assessment throughout. Quiz to identify a variety of cereals. Testing and assessment, recorded on practical assessment sheets in project booklets. Final assessment and levels and comments for further improvements recorded onto project assessment sheet.
9	Festival foods	<ul style="list-style-type: none"> Research a variety of cultures and foods suitable for a festival. Quiz on hygiene and food storage- the types and prevention of food poisoning. Prepare a repertoire of Protein food dishes using a variety of equipment to demonstrate competence in a range of cooking techniques. Extension of nutritional knowledge to identify the macro and micro nutrients, their function, sources and importance in our diet, linked to the needs of different age groups. Current dietary guidelines. Final assessment- to work in pairs to design, plan, prepare and evaluate a product suitable to be sold at a festival. 	<ul style="list-style-type: none"> Teacher marked homework. Peer assessment of quiz. Students to compile a risk assessment for their food products to identify quality and safety control checks necessary when preparing, cooking and storing high risk foods. Worksheets completed for homework. Teacher assessed focussed practical sessions. Final outcomes assessed by teacher and evidence provided by nutritional profiles, sensory testing, costing and student identification of skills incorporated.