

KEY STAGE 3

CURRICULUM INFORMATION

KEY STAGE 3 FOOD

Learning Leader Contact Information	South Campus: Mr Pearce michael.pearce@ewacademy.org.uk 01908 563468 (South)	North Campus: Miss Mantle Catherine.mantle@ewsacademy.org.uk 01604 862125 (North)
--	---	---

The KS3 Food course is split into projects each lasting two terms (approx. 13 weeks), students complete project 1 and 2 in Y7 then 3 and 4 in Y8 and 5 in Y9 (studying DT and Art on rotation around these).

1

- Kitchen layout, hygiene, health and safety. Tools and equipment, usage and safety, including knives and cookers. Healthy eating and the main principles of the balanced plate.
- Focused Practical tasks to include: Fruit crumble, winter veg soup, a balanced salad scones, pizza, pastry and a themed cake competition using a variety of skilled making methods.
- Origins of fruit and vegetables, categories and types of. Sensory analysis of dishes, Designing from basic recipes to include sourcing ingredients, balance of nutrients, planning and timing skills.
- Environmental issues. Food recycling/ miles, composting and food waste.

2

- Micronutrients and how and why to include colour on your plate. Presentations and debating skills.
- Multicultural food and design for special diets, planning, timing and making skills to include; knife skills, boiling and baking.
- Focused Practical task, Risotto, Sweet bread, pastry making and themed cake competition.
- Sensory analysis, costing and packaging.
- Environmental awareness, cultural sensitivity.

3

- Science behind bread making and the functions of ingredients, yeast and dextrinization.
- Menu planning, composite meals and handling raw meat safely, teenagers and protein, the many functions and properties of eggs, pastry making/designing, planning and making tasks to include; Mexican tacos, Sweet and savoury pastry products, final assessment brief designed using knowledge of the main principles of the balanced plate of nutrition. Themed cakes. Product analysis.

4

- Food provenance, wheat, primary and secondary processing of. Types of flour in bread making and pasta.
- Multicultural food, fresh pasta and sauce dishes.
- Handling raw meat, Special diets, vegetarian & coeliac in menu planning/designing for a burger lunch dish. Macro and micronutrients.
- Cake making methods, themed and batch design. Sensory analysis and product costing/packaging.

5

- Healthy eating and The Balanced Plate.

KEY STAGE 3

CURRICULUM INFORMATION

- Gelatinisation of starch in sauce making. Focused Practical tasks and highly skilled making methods to include roux based sauce dish, flaky pastry/sausage plait or rolls, sweet pastry, (pate sucre), the melting method & muffins, demonstrate the use of wholegrains in chosen dishes and multicultural dishes.
- The importance of vitamins and minerals and their functions in the human diet.
- Whole grains and Milling, from wheat to flour and the effects of cooking on flours.

6 Y9

- Menu Planning: Composite meals.
- Diet through life stages: Age-related dishes, medical diets, DRV of main nutrients and the healthy pyramid.
- Eggs, characteristics and functions. Labelling, traceability and cooking with eggs. The functions of ingredients in cake making.

7 Y9

- Investigating flours and starch thickening agents, fruit flan or pies.
- Vitamins and Minerals, sources, functions & deficiencies. Fruit and vegetable high skilled knife cuts.
- Enzymic browning.
- H.A.C.C.P. hazard analysis and critical control points. Raising agents in baked products.
- The main methods in cake making. Composite meals suited to a teenager.
- Focused practical tasks, Florida cocktail, veg cuts and quick soup, stir-fry or chicken curry and making cakes using one of the main methods.

8 Y9

- Seasonal produce for fruit and vegetable dishes.
- Experiment, The effects of cooking on vegetables. Analysis and evaluation.
- Focused practical tasks, raising skills for fruit dishes and complex side dishes, e.g. Dauphinoise potatoes, ratatouille, etc. Focused exam questions on the main nutrients, macro and micro, sources, functions and values in the human diet.
- Jointing a chicken, meat cuts and cooking methods associated with family meals. Choosing the right cut.
- Experiment: The functions of sugar in cake making.

ASSESSMENT DETAILS

Students are assessed on three main areas of cooking. Practical skills, their ability to use tools and equipment hygienically and safely to produce products. Designing food products, using knowledge of the Eatwell guide and main nutrients. Evaluating food, using sensory analysis.

WHAT CAN I DO TO SUPPORT MY CHILD AT HOME?

Support them with getting the ingredients for their practical cooking lessons. Example recipes can be found on Go4Schools, Google classroom and in their Learning Journey folder. These recipes are not exclusive and can be modified within reason to suit your own personal needs and tastes. If you have any questions about ingredients you can email the class teacher.

KEY STAGE 3

CURRICULUM INFORMATION

TEACHING STAFF CONTACT DETAILS

Name	Role	Email	Tel
Juliet Summerton	Food teacher North	Juliet.Summerton@ewsacademy.org.uk	01604 862125
Catherine Mantle	North Learning leader for Art, Food and DT	Catherine.mantle@ewsacademy.org.uk	01604 862125
Stella Tong	Food Teacher South	stella.tong@ewsacademy.org.uk	01908 563468
Mike Pearce	South Learning leader for DT, Food and Art	Michael.pearce@ewsacademy.org.uk	01908 563468