

Curriculum Information for Parents

Key Stage 3: Food

Learning Leader Contact Information		Phone: 01908 563468	Email: Juliet.Summerton@ewsacademy.org.uk
Examination Board	NA	Specification Code	NA

Subject Content

The ks3 Food course is split into 4 projects each lasting one term (approx. 6 weeks), students complete project 1 and 2 in Y7 and then 3 and 4 in Y8 (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/salad, winter veg soup, 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 tasks, Balanced salad competition, Risotto, Sweet bread, pastry making and themed cake competition.
Sensory analysis, costing and packaging.
Global citizenship, environmental awareness, cultural sensitivity.
3.
Science behind bread making and the functions of ingredients, yeast and dextrinization.
Menu planning, (starter for two), 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: bread-based starter for 2, Mexican taco's, Sweet and savory 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.
Team Bakers shop competition, multicultural food, fresh pasta and sauce dish.
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.

Additional Equipment Required:

Assessment Details

The assessment Criteria is linked to KS3 national curriculum skills. Each Practical is awarded a grade which in total is 50% of end grade and 50% of marks on supporting folder work. Assessment criteria are detailed in the student work books.

There is an end of year Food exam in Y7 and Y8, which tests the topics covered during the year.

What can I do to support my child at home?

Support them with getting the ingredients for their practical cooking lessons. This information can be found on go4 schools and includes example recipes for the dishes they will be designing.

Recommended resources for the course:

Recipes on go4schools, listing the ingredients they will need to bring in for practical lessons.

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Teaching Staff Contact Details			
Name	Role	Email	Tel
Juliet Summerton	Food teacher South	Juliet.Summerton@ewsacademy.org.uk	01908 563468
Claire Kimber	Food Teacher North	Claire.kimber@ewsacademy.org.uk	01604 862125
Mike Pearce	Learning leader for DT and Food	Michael.pearce@ewsacademy.org.uk	01908 563468
Additional Information: Thanks for your support in advance with helping your son/daughter, bring in ingredients for their practical food lessons. Hope you enjoy getting to taste the dishes they make during the course.			

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