

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 5 projects each lasting one term (approx. 6 weeks), students complete project 1 and 2 in Y7 then 3 and 4 in Y8 and 5 in yr9 (studying DT and Art on rotation around these). students then select their choice of subject for the second half of yr9 from DT/ART/FOOD. those taking food then complete 6,7,8.

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/packageing.
5.
 - Healthy eating and the balanced plate.
 - Gelatinisation of starch in sauce making. Focused Practical tasks and high 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.
 - Wholegrains and Milling, from wheat to flour and the effects of cooking on flours.
- 6 for those opting to study food for second half of yr9
 - reating composite meals.
 - Diet through life stages.
 - DRV of main nutrients and the healthy pyramid.
 - Menu planning.
 - Focused practical tasks, own designs for composite meals, age-related dishes, medical diets,
 - Eggs, characteristics and functions. Labelling, traceability and cooking with eggs. The functions of ingredients in cake making.

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7 for those opting to study food for second half of yr9
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 for those opting to study food for second half of yr9

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.

Meat experiment/tenderising, marinading.

Joining a chicken, meat cuts and cooking methods associated with family meals.

Choosing the right cut.

Experiment, The functions of sugar in cake making.

Origins, types of, functions.

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 a Food examat end of Y7, end of Y8 and mid yr9, 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.

Teaching Staff Contact Details

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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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