

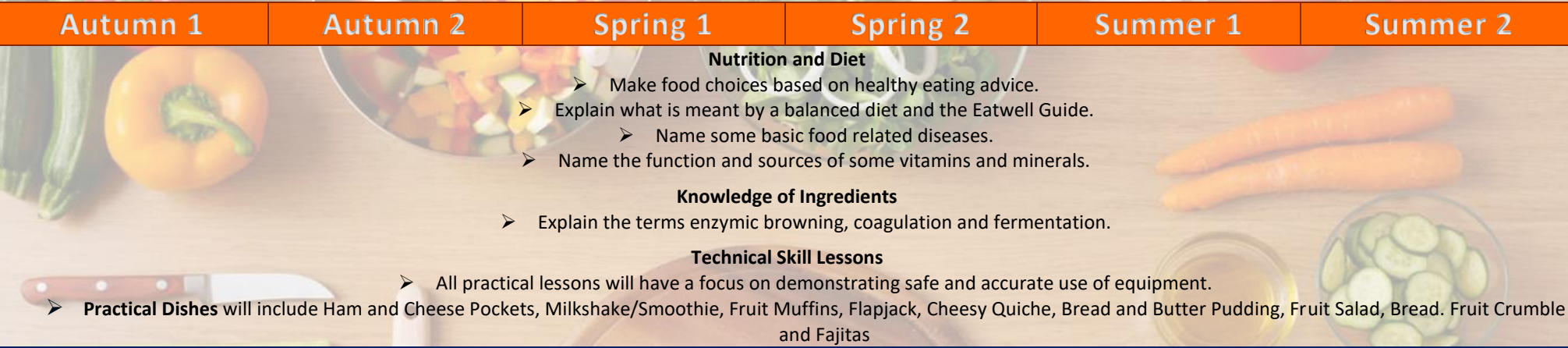
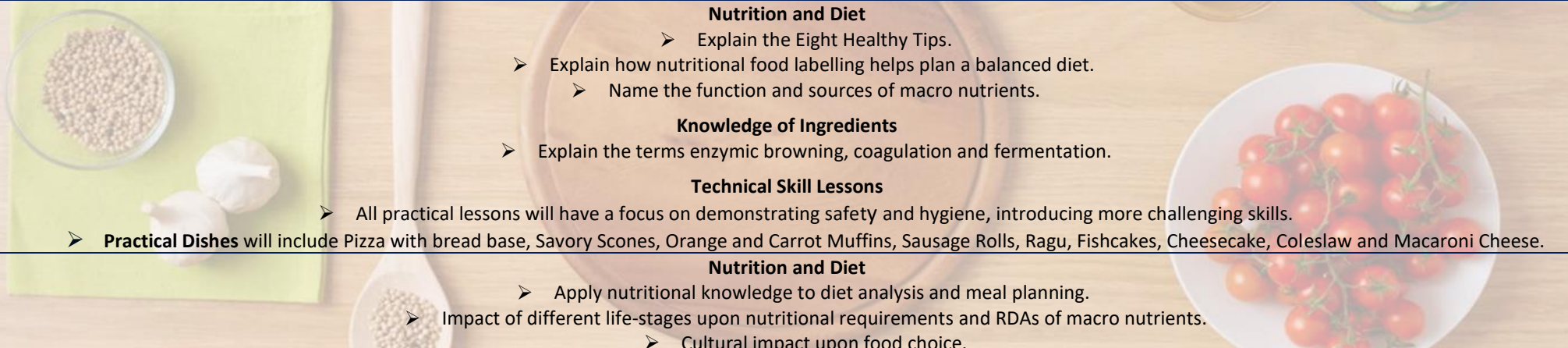
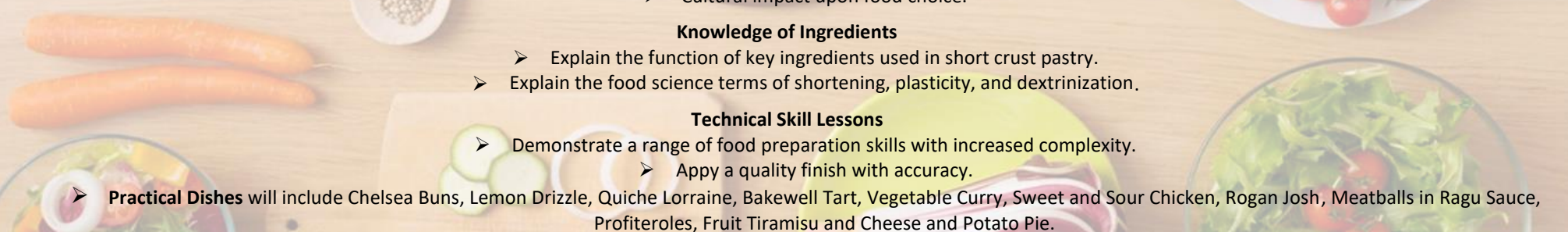


# SIR GRAHAM BALFOUR SCHOOL



## CURRICULUM OVERVIEW – KEY STAGE 3 FOOD PREPERATION AND NUTRITION

In Key Stage 3, Food Preparation and Nutrition is taught in rotation with Computing, Textiles and Design & Technology

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	 <p><b>Nutrition and Diet</b></p> <ul style="list-style-type: none"><li>➤ Make food choices based on healthy eating advice.</li><li>➤ Explain what is meant by a balanced diet and the Eatwell Guide.<ul style="list-style-type: none"><li>➤ Name some basic food related diseases.</li></ul></li><li>➤ Name the function and sources of some vitamins and minerals.</li></ul> <p><b>Knowledge of Ingredients</b></p> <ul style="list-style-type: none"><li>➤ Explain the terms enzymic browning, coagulation and fermentation.</li></ul> <p><b>Technical Skill Lessons</b></p> <ul style="list-style-type: none"><li>➤ All practical lessons will have a focus on demonstrating safe and accurate use of equipment.</li></ul> <p>➤ <b>Practical Dishes</b> will include Ham and Cheese Pockets, Milkshake/Smoothie, Fruit Muffins, Flapjack, Cheesy Quiche, Bread and Butter Pudding, Fruit Salad, Bread. Fruit Crumble and Fajitas</p>					
Year 8	 <p><b>Nutrition and Diet</b></p> <ul style="list-style-type: none"><li>➤ Explain the Eight Healthy Tips.</li><li>➤ Explain how nutritional food labelling helps plan a balanced diet.<ul style="list-style-type: none"><li>➤ Name the function and sources of macro nutrients.</li></ul></li></ul> <p><b>Knowledge of Ingredients</b></p> <ul style="list-style-type: none"><li>➤ Explain the terms enzymic browning, coagulation and fermentation.</li></ul> <p><b>Technical Skill Lessons</b></p> <ul style="list-style-type: none"><li>➤ All practical lessons will have a focus on demonstrating safety and hygiene, introducing more challenging skills.</li></ul> <p>➤ <b>Practical Dishes</b> will include Pizza with bread base, Savory Scones, Orange and Carrot Muffins, Sausage Rolls, Ragu, Fishcakes, Cheesecake, Coleslaw and Macaroni Cheese.</p>					
Year 9	 <p><b>Nutrition and Diet</b></p> <ul style="list-style-type: none"><li>➤ Apply nutritional knowledge to diet analysis and meal planning.</li><li>➤ Impact of different life-stages upon nutritional requirements and RDAs of macro nutrients.<ul style="list-style-type: none"><li>➤ Cultural impact upon food choice.</li></ul></li></ul> <p><b>Knowledge of Ingredients</b></p> <ul style="list-style-type: none"><li>➤ Explain the function of key ingredients used in short crust pastry.</li><li>➤ Explain the food science terms of shortening, plasticity, and dextrinization.</li></ul> <p><b>Technical Skill Lessons</b></p> <ul style="list-style-type: none"><li>➤ Demonstrate a range of food preparation skills with increased complexity.<ul style="list-style-type: none"><li>➤ Appy a quality finish with accuracy.</li></ul></li></ul> <p>➤ <b>Practical Dishes</b> will include Chelsea Buns, Lemon Drizzle, Quiche Lorraine, Bakewell Tart, Vegetable Curry, Sweet and Sour Chicken, Rogan Josh, Meatballs in Ragu Sauce, Profiteroles, Fruit Tiramisu and Cheese and Potato Pie.</p>					