

# KS3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>	FOOD HYGIENE and safety, equipment, basic skills / using the oven. Basic cake making methods - manipulative skills	PRACTICAL SKILLS Cake making methods theory and practical skills. Using the hob safely - improving organisational skills.	FOOD SCIENCE - Raising agents / experimental work - 2nd go at practical methods (rubbing in method). Working in teams, working on consistency of practical outcomes	PRACTICAL SKILLS - Using the hob and knife skills - theory and practical work. Increased quantities of ingredients to improve knife skills.	FOOD SCIENCE / DIET AND HEALTH Heat transfer / Eatwell guide / Fruit and vegetables - working on making choices to adapt recipes to own taste - what works well together - cooking for others.	DIET AND HEALTH / PRACTICAL SKILLS Fruit and vegetables, importance of breakfast - knife skills / using the hob and the grill. Combining several skills at once - multi tasking and time planning
<b>Year 8</b>	FOOD CHOICE/ diet related disease - expanding on practical skills from year 7 to modify a recipe. Experimental work (FOOD SCIENCE)- progression of skills from Year 7.	Eatwell guide and nutrition (DIET AND HEALTH) - building on previous knowledge and skills - relating to their own diets. Practical work requiring more specific time management.	PRACTICAL SKILLS -Advanced vegetable preparation skills including feeding themselves and others.	FOOD CHOICE - Convenience foods - pros and cons - use in practical cookery. Using several skills to make one dish.	FOOD SCIENCE / FOOD CHOICE - EXPERIMENTAL SENSORY ANALYSIS Experimental work / advanced skills including piping (Viennese).	DIET AND HEALTH / FOOD PROVENANCE - Pasta - theory and linked to Eatwell guide - progression and adaptation of skills to different dishes.
<b>Year 9</b>	FOOD PROVENANCE / ethics/ staple foods / pastry - skills in applying information to their own experience.	FOOD CHOICE - Sensible shopping / careers - applying information to their own experience. Food designing skills / cake decorating skills (gateaux).	FOOD CHOICE Making meals - individual needs - Advancing skills on food preparation, flavouring of dishes and time management. Bread - FOOD SCIENCE/yeast	PRACTICAL SKILLS Using the hob and knife skills - theory and practical work. Increased quantities of ingredients to improve knife skills FOOD SCIENCE - Gelatinisation of starch	FOOD CHOICE / PRACTICAL SKILLS Individual choice project - research skills, evaluation skills, presentation, and IT skills.	FOOD CHOICE - Individual choice project - including own choice of practical work - independent working.