

KS3 Food – Curriculum Map – Years 7 and 8

From Sep 2017

YEAR 7 (18 double lessons - 2 double lessons per week)

Yr	Wk	Double lesson 1 (1hr 40mins)	Homework (to be set in appropriate lesson)	Double lesson 2 (1hr 40mins)
7	1	<p>Baseline Assessment Test (1st Tech Rotation ONLY).</p> <p>Rules For Safety & Hygiene in the food room. Allocate pupils to workstations, discuss routines for food practical sessions. Give students yr7 recipe booklets and add practical dates. Discuss bringing ingredients. Cupboard/Equipment activity (How they are organised). Discuss safety & food storage (what needs to go where and why).</p> <p>AIM HIGHER Task – ‘Food Safety & Storage’</p>	<p>Written Homework Task – Washing Up Task</p> <p>Bring Ingredients for Salads practical</p>	<p>Eatwell Guide - Card Sorting Activity (which foods fit where). Intro to Healthy Eating – What is the Eatwell Guide? Healthy lifestyle/8 Top Tips?</p> <p>Intro to Salads – Where do they fit on the Eatwell Guide (vitamins/minerals/fibre, immune system/teeth and bones/digestive system)</p> <p>Teacher Demonstration - Salads (Fruit Salad, Pasta Salad, Potato Salad, Coleslaw - chopping, grating, slicing).</p> <p>Discuss colour coded chopping boards/cross contamination).</p> <p>Demonstration to include - Introduction to Washing Up (How to wash up correctly)</p> <p>AIM HIGHER Tasks – ‘Healthy Eating’ AND ‘8 Top Tips’</p>
7	2	<p>Practical - Salads (Fruit Salad, Pasta Salad, Potato Salad, Coleslaw - chopping, grating, slicing). Links to washing up and cupboard organisation from lesson 1.</p> <p>Evaluation of salads.</p> <p>* Assessment point 1 - Reviewing the learning so far</p> <p>Ongoing Assessment point for:</p> <p>SKILL LEVEL strand</p> <p>NUTRITION and HEALTH strand</p>	<p>Bring ingredients for Crumble practical.</p>	<p>Teacher Demonstration – Fruit Crumble</p> <p>Knowledge –</p> <p>Nutrients linked to different ingredients. Sensory adjectives linked to ingredients. Increasing fibre (health benefits/digestive system), healthy choice of ingredients (fruits/oats/wholemeal flour).</p> <p>Skills – weighing solids, safe use of oven, rubbing in method (breadcrumb consistency, rubbing in with fingertips)</p>

7	3	<p>Practical - Fruit Crumble</p> <p>Evaluation of crumble.</p> <p>Ongoing Assessment point for SKILL LEVEL strand</p>	<p>Written Homework Task – Weighing & Measuring Task</p> <p>Bring ingredients for Scones practical.</p>	<p>Teacher Demonstration – Savoury Cheese Scones</p> <p>* Students need to consider additional/alternative flavourings, e.g. herbs/spices, sun dried tomatoes, spring onions, olives etc (higher ability students should be encouraged to research and experiment with the basic recipe).</p> <p>Knowledge - Nutrients linked to different ingredients, healthy grab and go snacks, carbohydrates - slow release energy, sweet/savoury foods.</p> <p>Skills – weighing solids, safe use of oven, rubbing in method (breadcrumb consistency, rubbing in with fingertips)</p>
7	4	<p>Practical - Savoury Cheese Scones</p> <p>Evaluation of scones.</p> <p>Ongoing Assessment point for SKILL LEVEL strand</p>	<p>Bring ingredients for Custard practical.</p>	<p>Intro to Layered Desserts</p> <p>Teacher Demonstration – Custard Dishes: Trifle/Manchester Tart</p> <p>Knowledge – Use of convenience foods (tinned fruit, ready-made pastry base etc). Dairy foods/milk, calcium – healthy teeth and bones, high fat/sugar in convenience foods (eat sensibly, only occasionally)</p> <p>Skills – smooth lump-free sauce, measuring/thickening liquids, safe use of hob/boiling</p>
7	5	<p>Practical – Custard Dishes: Trifle/Manchester Tart</p> <p>Evaluation of custard dish.</p> <p>* Assessment point 2 - Reviewing the learning so far</p> <p>Ongoing Assessment point for SKILL LEVEL strand</p> <p>NUTRITION and HEALTH strand</p>	<p>Written Homework Task – Create an A4 mood board of healthy ingredients for a layered dessert.</p>	<p>FARM TO FORK THEORY LESSON</p> <p>Sources of food (grown, reared, caught). Local foods/seasonal foods/food provenance. Different Types of Production of Food (organic, fair trade, free range etc). Reasons for customer choice of different types of food. Seasonal menu planning task.</p> <p>Knowledge – food must be grown, reared, caught. Local/seasonal foods, Organic, Free range, Fair trade etc</p> <p>AIM HIGHER Task – ‘Farm To Fork’</p> <p>* Assessment point 3 - Reviewing the learning so far</p> <p>Assessment Point for KNOWLEDGE OF INGREDIENTS strand</p>

7	6	<p>Initial Design Lesson for Layered Desserts Mini Project Rally robin/discussion - healthy ingredient choices for desserts (relate to sections of eat well guide).</p> <p>Ingredient ideas/Sensory words task</p> <p>Design Task - Layered Dessert - Initial Designs (Discuss and model annotation for pupil understanding of requirements)</p>	Bring ingredients for layered dessert.	<p>Layered Desserts Mini Project Design Task - Layered Dessert Final Designs (Discuss and model annotation for pupil understanding of requirements)</p> <p>AIM HIGHER Task – ‘Layered Dessert’</p>
7	7	<p>Layered Desserts Mini Project Practical - Layered Desserts – Assemble, taste test and evaluate in lesson.</p> <p>Self and peer assessment.</p> <p>* Assessment point 4 - Reviewing the learning so far Ongoing assessment point for SKILL LEVEL strand Assessment point for NUTRITION & HEALTH strand Assessment Point for KNOWLEDGE OF INGREDIENTS strand</p>	Bring ingredients for mini flapjacks.	<p>Teacher Demonstration – Flapjacks</p> <p>Knowledge – healthy, sweet, grab and go snacks (benefits of home-made over shop bought – ingredients, calories, fat/sugar, price, additives etc), carbohydrates - slow release energy, fibre – digestive system</p> <p>Skills – even tray bake, cooling time to set, weighing solids, safe use of hob/oven</p>
	8	<p>Practical – Flapjacks Knowledge – healthy, sweet, grab and go snacks (benefits of home-made over shop bought – ingredients, calories, fat/sugar, price, additives etc), carbohydrates - slow release energy, fibre – digestive system Skills – even tray bake, cooling time to set, weighing solids, safe use of oven</p> <p>Ongoing Assessment point for SKILL LEVEL strand</p>	Evaluate flapjacks. Bring ingredients for mini omelettes.	<p>Teacher Demonstration – Mini Breakfast Omelettes</p> <p>Knowledge – healthy, savoury, grab and go breakfast protein – the muscle builder, fibre (from vegetable filling ingredients) – digestive system Skills – chopping, dicing, cracking and whisking eggs, consistent batch cooking, safe use of oven</p>

7	9	Practical – Mini Breakfast Omelettes Ongoing Assessment point for SKILL LEVEL strand	Bring ingredients for Viennese whirl biscuits (only if another week left in rotation).	IF TIME AT END OF ROTATION – Viennese Whirl Biscuits
7	10?	IF TIME AT END OF ROTATION – Viennese Whirl Biscuits		IF EXTRA WEEK IN ROTATION – Iterative Design Task

YEAR 8 (2 double lessons per week)

Yr	Wk	Double lesson 1 (1hr 40mins)	Homework (to be set in appropriate lesson)	Double lesson 2 (1hr 40mins)
8	1	Reintroduction to food – Recap H&S in the food room, cupboard organisation. Allocate pupils to workstations, discuss routines for food practical sessions. Pupils complete health and safety task. How to store foods properly to preserve them. Pupils complete food storage task.	Bring ingredients for practical - Bolognese Sauce (Lasagne for HA ONLY).	Teacher Demonstration – Bolognese (+ Lasagne for HA only) Knowledge - Protein foods (growth, strength, muscle repair) Top 8 healthy eating tips, complete laminated eat well guide task in pairs. Independently complete eatwell guide page in booklet. Skills – Knife safety (chopping, slicing), how to achieve a rich smooth sauce, safe use of hob, cross contamination (raw meat) Small Changes – Healthy meal change activity Discussion on eatwell guide, ingredients, health benefits/implications etc AIM HIGHER Task - Critical Food Temperatures

W 8	2	<p>Practical - Bolognaise Sauce (Lasagne for HA Only)</p> <p>Ongoing Assessment point for SKILL LEVEL strand</p>	<p>Written Homework Task – Weighing and measuring worksheet</p> <p>Bring ingredients for practical – jam tarts/mince pies</p>	<p>Teacher Demonstration – Jam tarts/mince pies</p> <p>Knowledge - Carbohydrate Foods (slow release energy), sugars from jam, fast release energy. Fats insulate our body, give us energy</p> <p>Skills – shortcrust pastry, rubbing in technique, rolling, cutting</p> <p>Evaluate bolognaise sauce</p> <p>Jam tarts/mince pies demonstration followed by step by step plan.</p>
8	3	<p>Practical – Jam tarts/mince pies</p> <p>Ongoing Assessment point for SKILL LEVEL strand</p>	<p>Written Homework Task – Special diets</p> <p>Bring ingredients for practical - Sausage Rolls/Cheesy Spirals</p>	<p>Teacher Demonstration – Sausage Rolls/Cheesy Spirals</p> <p>Knowledge – Convenience foods (ready-made pastry), health implications of eating high fat foods (fast and convenient but shouldn't be eaten too often)</p> <p>Skills – Shaping/manipulating ready-made ingredients, safe use of oven, presentation/use of suitable garnish</p> <p>Evaluate jam tarts/mince pies</p> <p>* Assessment point 1 - Reviewing the learning so far</p> <p>Ongoing assessment point for SKILL LEVEL strand</p> <p>Assessment point for NUTRITION & HEALTH strand</p>
8	4	<p>Practical - Sausage Rolls/Cheesy Spirals</p> <p>Ongoing Assessment point for SKILL LEVEL strand</p>		<p>Knowledge – Farm to fork, special diets</p> <p>Evaluate cheesy spirals, complete work on vegetarians, coeliac, kosher etc</p> <p>AIM HIGHER task special diets</p> <p>* Assessment point 2 - Knowledge and understanding of farm to fork.</p> <p>Assessment Point for KNOWLEDGE OF INGREDIENTS strand</p>

8	5	<p>Intro to savoury flan mini project (design and make) Mind map/discuss flavour ingredients for a savoury flan. Teacher Demonstration – Savoury Flan – Ingredients and possible flavours Knowledge – Balanced meal based on all areas of the ‘eat well plate’ Skills – Short crust pastry making, blind baking, safe use of hob (frying filling ingredients), safe use of oven, time management</p>	<p>Bring ingredients for practical – savoury flan</p>	<p>Savoury Flan Mini Project Design Task - 2 initial ideas for savoury flans (fully annotated, annotation modelled by teacher first)</p> <p>Savoury Flan Mini Project Design Task - Final Savoury Flan Idea (fully annotated, annotation modelled by teacher first) Complete final design. AIM HIGHER task energy balance</p>
8	6	<p>Savoury Flan Mini Project ½ Class Practical - Savoury Flans (photographs of finished products) Knowledge – pizza video and designs Knowledge – Carbohydrate foods (wheat flour), raising agents (yeast), healthier pizza toppings. Skills – making dough, kneading, proving, shaping Ongoing Assessment point for SKILL LEVEL strand</p> <p>AIM HIGHER task energy balance</p>	<p>Bring ingredients for practical – savoury flan (students will need to know which date they are cooking due to half/half class split next week)</p>	<p>Savoury Flan Mini Project ½ Class Practical - Savoury Flans (photographs of finished products) Knowledge – pizza video and designs</p> <p>Ongoing Assessment point for SKILL LEVEL strand</p>
8	7	<p>Food experiment lesson Pupils work in groups to carry out a thickening of a sauce experiment. Knowledge – pupils learn that sauces can be thickened using different types of flours and this is called gelatinisation. Skills – work collaboratively in groups to carry out tests on thickening a sauce, each group must come up with a hypothesis, the tests must be carried out in a fair way, and results must be recorded. A conclusion is then drawn and the hypothesis is reflected upon.</p>	<p>REMINDE CLASS TO BRING pizza ingredients</p>	<p>Evaluation of quiche Teacher Demonstration AND Practical Swiss Roll (spot dem at every stage of the process) Knowledge – fatless sponge, issues related to ‘high fat and sugar’ section of ‘eat well plate’ Skills – sponge making, safe use of oven, rolling sponge Assessment point 3 - Designing and making the quiche. Ongoing assessment point for SKILL LEVEL strand Assessment point for NUTRITION & HEALTH strand Assessment Point for KNOWLEDGE OF INGREDIENTS strand</p>

8	8	Practical – Pizza Ongoing Assessment point for SKILL LEVEL strand	Ingredients for Swiss roll practical.	Evaluate the pizza and check all previous tasks are completed in booklet. Complete extension tasks/extra learning tasks. Demonstrate Swiss roll AIM HIGHER task Nandos
8	9	Practical – Swiss roll Ongoing Assessment point for SKILL LEVEL strand		End of unit test.