

The Aim of KS3 Food Preparation and Nutrition is to ensure you;

- ✓ understand and apply the principles of nutrition and health
- ✓ cook a range of predominantly savoury dishes so that you can feed yourself and others a healthy and varied diet
- ✓ become competent in a range of cooking techniques understand the source, seasonality and characteristics of a broad range of ingredients

## Start of Year 7

1. Hazards

3. Layered Pasta Salad

5. Seasonality

7. Heat Transfer

2. The Eatwell Guide

4. Food Provenance

6. Pizza Bagels

8. Parmesan Chicken Goujons

9. Carbohydrates

Introduction to Food Prep And Nutrition

10. Cereals

1. Food Miles

18. Bacteria

16. Energy Balance

14. Allergens

12. Labelling

2. Obesity

## Year 7

4. Organic VS Non-Organic

3. Tomato & Pepper Pasta

19. Gingerbread Biscuits

17. American Pancakes

15. Quick Bread

13. Stir-Fry

11. Rock Buns

6. Heat Transfer

5. Spanish Omelette

7. Spaghetti Bolognese

8. Proteins

Year 8

10. International Cuisine

13. Thai Green Curry

15. Anzac Biscuits

17. Kofta Kebabs

19. Focaccia Bread

9. British Cuisine

11. Scones

12. Food Choice

14. Vitamins & Minerals

16. Costing Ingredients

18. High/Low-Risk Foods

3. Blueberry Muffins

2. Raising Agents (Chemical/Mechanical)

4. Ethical & GM Foods

## Advanced Food Prep & Nutrition

Year 9

5. Quorn Burrito

6. Sustainability

19. Lemon Cake

17. Mac 'N' Cheese

15. Simit Bread

13. Raspberry Buns

11. Sweet & Sour Chicken

7. Yoghurt Pizza

8. Food Labels

Next Steps: GCSE Food Preparation & Nutrition

## Festival Foods – Food Prep & Nutrition

18. Fats

16. Milk, Cheese & Yoghurt

14. Raising Agents (Biological)

12. Special Diets

10. Special Dietary Needs

9. Nutritional Needs