Food & Nutrition – Programme of Study Traded Key Stage 3

Prior learning: **KEY STAGE 2**	Prior learning at KS1 and KS2 is extremely variable and depends on school facilities and staff being appropriately trained. If the school has followed the National Curriculum, pupils should understand what a healthy diet is, where some of their food comes from and how some meals are made. For the KS3 Programme of Study, it is assumed that students have limited savoury cooking skills.				
Content for: **KEY STAGE 3** **(Adapted from National Curriculum subject content)**	Students to learn how to make food safely and hygienically.	Students to use a range of skills to make savoury snacks and meals	Students to analyse processed foods and understand the impact they have on health.	Students to analyse their own diet and consider the impact it has on their long-term physical and mental wellbeing.	Students to learn about how food choices might affect their behaviour, temperament and ability to focus on tasks.
Taught content: **Knowledge / skills**	Students will be taught how to prepare and cook a range of foods safely and hygienically within a kitchen setting. Student will learn about the following key areas: • Bacterial growth • Food storage • Cross-contamination • Personal hygiene This will be assessed and evidenced through a student's ability to cook a range of savoury products using high-risk foods.	Students will be taught a range of skills that will enable them to make homecooked, nutritious meals and snacks. 5 key areas will be repeated and mastered throughout: • Knife skills • Rolling and shaping • Seasoning • Time management • Control of heat By the end of KS3, students will be able to make several savoury meals from scratch.	Students will be taught how to analyse processed foods and consider how they affect their health. This will include the ability to: • Comprehend nutritional labelling • Consider their own health and how food choices impact it • Recognise a range of diet-related diseases and their causes	Students will be taught how to consider their own diet and how to improve it. This will include: • Learning about basic nutrients and their role in a healthy diet • Understanding what a balanced lifestyle is • Exploring how their own diet will change throughout their lifetime	Students will develop a deeper understanding of how food choices might be affecting their mental health and capacity to learn. They will learn how: • Foods high in sugar can impact brain function • Certain foods can help prevent behavioural problems • There is a link between food and sleep and the ability to focus • A healthy lifestyle is linked to a healthy mind
Taught content: **KS4 progression**	This content will provide a strong foundation for progression to related GCSE courses. More importantly, it will allow all students to have a solid foundation of savoury cooking skills and a sound knowledge of nutrition that they can rely on for the rest of their life.				

The theory and skills content will be taught side-by-side and students will be continually focusing on how food affects their own wellbeing. The practical lessons will also have a theory focus and will show students how to make freshly cooked versions of commonly eaten ultra-processed foods. The key nutrition focus is not to teach about individual nutrients but to help students make the link between their food choices and the impact they have on health and wellbeing. The holistic approach fosters a love of cooking and inspires them to become inquisitive about how foods are made. The students will gradually be given greater independence and they will be encouraged to be creative with their food products and to develop pride in their work.