

Food & Nutrition – Programme of Study 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	<p>Students will be taught how to prepare and cook a range of foods safely and hygienically within a kitchen setting.</p> <p>Student will learn about the following key areas:</p> <ul style="list-style-type: none"><li>• Bacterial growth</li><li>• Food storage</li><li>• Cross-contamination</li><li>• Personal hygiene</li></ul> <p>This will be assessed and evidenced through a student’s ability to cook a range of savoury products using high-risk foods.</p>	<p>Students will be taught a range of skills that will enable them to make homecooked, nutritious meals and snacks.</p> <p>5 key areas will be repeated and mastered throughout:</p> <ul style="list-style-type: none"><li>• Knife skills</li><li>• Rolling and shaping</li><li>• Seasoning</li><li>• Time management</li><li>• Control of heat</li></ul> <p>By the end of KS3, students will be able to make several savoury meals from scratch.</p>	<p>Students will be taught how to analyse processed foods and consider how they affect their health.</p> <p>This will include the ability to:</p> <ul style="list-style-type: none"><li>• Comprehend nutritional labelling</li><li>• Consider their own health and how food choices impact it</li><li>• Recognise a range of diet-related diseases and their causes</li></ul>	<p>Students will be taught how to consider their own diet and how to improve it.</p> <p>This will include:</p> <ul style="list-style-type: none"><li>• Learning about basic nutrients and their role in a healthy diet</li><li>• Understanding what a balanced lifestyle is</li><li>• Exploring how their own diet will change throughout their lifetime</li></ul>	<p>Students will develop a deeper understanding of how food choices might be affecting their mental health and capacity to learn.</p> <p>They will learn how:</p> <ul style="list-style-type: none"><li>• Foods high in sugar can impact brain function</li><li>• Certain foods can help prevent behavioural problems</li><li>• There is a link between food and sleep and the ability to focus</li><li>• A healthy lifestyle is linked to a healthy mind</li></ul>
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.					

Cooking and Nutrition	<i>Where food comes from</i>	Year 7	Year 8	Year 9
				<ul style="list-style-type: none"> <li>• Know how to compare the cost of food when planning to eat out or cook at home</li> <li>• Know about the influence of food marketing, advertising and promotion on their own diet and purchasing behaviour</li> </ul>
		<ul style="list-style-type: none"> <li>• Know that food is produced, processed and sold in different ways, e.g. conventional and organic farming, fair trade</li> <li>• Know that people choose different types of food and that this may be influenced by availability, season, need, cost, where the food is produced, culture and religion</li> </ul>		
	<i>Food preparation, cooking and nutrition</i>	<p>Know the importance of a healthy and varied diet as depicted in The eatwell plate and Eight tips for healthy eating</p> <p>Know that food provides energy and nutrients in different amounts; that they have important functions in the body; and that people require different amounts during their life</p> <p>Know how to taste and cook a broader range of ingredients and healthy recipes, accounting for a range of needs, wants and values</p> <p>Know how to actively minimise food waste such as composting fruit and vegetable peelings and recycling food packaging</p>		<ul style="list-style-type: none"> <li>• Know the importance of energy balance and the implications of dietary excess or deficiency, e.g. malnutrition, maintenance of a healthy weight</li> <li>• Know how to use nutrition information and allergy advice panels on food labels to help make informed food choices</li> <li>• Know how to use a broader range of preparation techniques and methods when cooking, e.g. stir-frying, steaming, blending</li> <li>• Know how to modify recipes and cook dishes that promote current healthy eating messages</li> <li>• Know the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot</li> </ul>
		<ul style="list-style-type: none"> <li>• Know how to store, prepare and cook food safely and hygienically</li> <li>• Know how to use date-mark and storage instructions when storing and using food and drinks</li> <li>• Know how to select and prepare ingredients</li> <li>• Know how to use utensils and electrical equipment</li> <li>• Know how to apply heat in different ways</li> <li>• Know how to use taste, texture and smell to decide how to season dishes and combine ingredients</li> <li>• Know how to adapt and use their own recipes</li> <li>• Cook a repertoire of predominantly savoury dishes to feed themselves and others a healthy and varied diet</li> </ul>		