



**Key Stage 3 Food
Programme of Study**



Yr 7: Theory	Yr 7: Practical	Year 8: Theory	Yr 8: Practical
<p>Year 7:</p> <ul style="list-style-type: none"> • Transition TEST What is Food Technology? • Introduction to Hygiene and Health and Safety • Eatwell Guide: Fruit and Vegetables Carbohydrates Oils and Spreads Dairy Proteins • Green pen evaluation activity • Washing up • Equipment • Weighting and Measurements 	<p>Year 7:</p> <ul style="list-style-type: none"> • Fruit Fusion: Knife Skills: claw cut/bridge cut, correct chopping board, washing up • Pizza Toast: Knife Skills: claw cut/bridge cut, spreading, using the cooker • Flap Jack: Using the oven, melting, mixing, weighing • Pasta Ragu: Using the hob, Knife Skills: claw cut/bridge cut, temperature control • Cheese Scones: Rubbing in method, weighing, scone cutter, quality not quantity, shaping, temperature regulation • Taste Testing: Star Analysis, evaluation <p>All lessons incorporate hygiene and health and safety.</p>	<p>Year 8:</p> <ul style="list-style-type: none"> • Review of Yr 7: AFL • Skills • Food hygiene • The Eatwell Guide • Fruit & veg podcast Review evaluation homework Plot ideal outcomes • Milk & dairy foods podcast Review star profiles • Podcast Proteins • Green pen self-assessment activity • Starchy carbohydrate podcast Cut down on sugar & saturated fat <p>Food high in fats & sugar podcast Evaluate bread rolls</p> <p>Extension work:</p> <ul style="list-style-type: none"> • Students are Food Technologists Taste Testing and Star analysis • Seasonal eating – does it matter? 	<p>Year 8:</p> <ul style="list-style-type: none"> • Breakfast Muffins: All in one method, baking, weighing, AFL • Macaroni Cheese: roux or all in one sauce, grating, hob skills, temperature control, portion control, AFL • Bread: kneading, proving, baking, oven skills, temperature control, AFL • Pizza/Savoury Rice: Oven skills, weighing, grating, layering, AFL • Potato Wedges: Knife skills eg: Claw cut and bridge cut

<p>Assessment for Learning:</p> <ul style="list-style-type: none"> • Start of Unit Test 1- Peer Marking • Quality of written work • End if Unit Test 2 	<p>Assessment for Learning:</p> <ul style="list-style-type: none"> • Hygiene and Safety • Practical Skills • Product Evaluations-Self Assessment 	<p>Assessment for Learning:</p> <ul style="list-style-type: none"> • Start of unit test- Peer Marking • Quality of written work • End of unit test 	<p>Assessment for Learning:</p> <ul style="list-style-type: none"> • Hygiene and Safety • Practical Skills • Product Evaluations- Self Assessment
<p>Homework: Write out ingredients to bring to next lesson</p>	<p>Homework: Bring ingredients to lesson ready to cook.</p>	<p>Homework: Write down ingredients to bring to next lesson</p>	<p>Homework: Bring ingredients to lesson ready to cook.</p>