

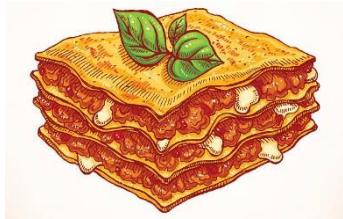
Learning journey map

Key stage 3 Food and nutrition

Students will recall skills from yr 7 in handling raw beef and in stir frying foods, they will use these to help support their practical lesson in handling raw chicken. Students will make a chicken chow mein.



KS 4 Food and nutrition curriculum intents:



Multi-step savoury food products will be taught by the teacher and produced by the students: cottage pie and vegetarian lasagne. Students will use a variety of different food skills to create these more complex food products.



Students will explore pastry making their own short crust for their fruit pies and exploring the lightness and delicate need when working with shop bought filo pastry.

Chopping skills and hob use will be recalled from previous years as over the next few lessons students use the hob to fry, simmer and stew a range of food products such as: Soup, fruit pie, vegetable curry and vegetable spiced parcels.



Students will be expected to taste test and evaluate products week by week.

Handling raw meat will be taught and practiced as students create a spaghetti bolognese.

Students will end the year demonstrating and recalling a range of baking skills and sweet goods
Modifying different sponge cakes, understanding the properties of raising agents in flour and sticky flapjack.



The properties of bread ingredients will be explored and students will design and make a bread showing this understanding.



Year
8

Students will demonstrate different chopping skills and explore the cook method of Stir fry.



The rubbing method will be explored through different food products starting with: Scones
Scone based pizza and Fruit crumble. Students will understand why what butter does during the shortening process.



Students will learn how to plan the making of food products.

Introduction into the food room. Health and safety. Knife safety and chopping skills recalled and explored.



Students will be expected to taste test and evaluate products week by week.



Food aesthetics will be the main focus of this lesson with students modifying a simple recipe – sausage rolls into more creative shapes and fillings. .



Students will use a range of food equipment to create a roasted vegetable cous cous food product. Demonstrating their knife skills and compliance with health and safety.

Year
7

Year
6

welcome

Churnet Views Food and Nutrition curriculum:

Food and Nutrition at Churnet View will equip ALL students with the knowledge, understanding and skills required to be able to cook and to apply the principles of food science, nutrition and healthy eating. Our curriculum will encourage ALL students to cook and enable them to make informed decisions about the foods that they eat and buy and hopefully pass this knowledge on to friends and family members, as well as equip them for adult life. Our curriculum aims to inspire, challenge and develop independence, whilst equipping students with the knowledge and skills required to create, cook and evaluate their own dishes.

KS 2 Food and Nutrition curriculum intents:

Our years 7 and 8 Key Stage 3 curriculum is based upon students using their already acquired skills from Key Stage 2 to create a range of predominantly savoury dishes. Students will learn to cook some 'classic' family dishes from scratch (some of which are inspired by other cultures) exploring tastes, flavours and using a variety of familiar and less familiar ingredients. Health and safety and the handling and cooking of raw meat will be learnt to ensure students are competent and confident cooks. Students will develop an awareness of the source and seasonality of foods, as well as the impact food has on the environment. Students will explore the properties of ingredients when making food products such as breads and sauces. They will also learn to consider what affects the choices of foods that people buy. These skills and knowledge base will prepare the students with the skills and knowledge to explore food and nutrition further at High School.