

**Curriculum Overview – DT - Food and Nutrition** Design Technology is taught as a carousel in KS3. Across the 3 year groups there are units of Food, Electronics, Resistant materials, Robotics and Graphics design. The curriculum covers all aspects of the NC and schemes of work ensure skills and knowledge are built upon throughout KS3.

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/239089/SECONDARY\\_national\\_curriculum\\_-\\_Design\\_and\\_technology.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/239089/SECONDARY_national_curriculum_-_Design_and_technology.pdf) and [KS3 NC Audit\D&T KS3 Audit 2019 All Subject Areas.htm](#)

In the Food curriculum, pupils will be taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. The KS3 curriculum is designed to build on skills and knowledge to enable interested pupils to take the KS4 option of Food & Nutrition [http://www.edugas.co.uk/qualifications/food-preparation-and-nutrition/edugas-gcse-food-preparation-nutrition-spec-from-2016.pdf?language\\_id=1&dotcache=no&dotcache=refresh](http://www.edugas.co.uk/qualifications/food-preparation-and-nutrition/edugas-gcse-food-preparation-nutrition-spec-from-2016.pdf?language_id=1&dotcache=no&dotcache=refresh) and [Food KS4\Food and Nutrition GCSE SOW 2019.htm](#)

Theory

Practical

Year 7

UNIT 1 [Food KS3\D&TSoW year 7 unit 1 2019.htm](#) - Hygiene and safety in the kitchen / The Eat Well Plate / Fruits and vegetables. UNIT 2 [Food KS3\D&TSoW year 7 unit 2 2019.htm](#) - Using the cooker safely / Cross contamination / Evaluating dishes made in class.

Chocolate crackolates / Layered salad / Burgers / Vegetable soup / Fruit crumble / Pizza toasts / Banana muffins / Chicken nuggets / Fruity rock cakes.

Year 8

[Food KS3\D&T SoW Year 8 Food 2019.htm](#) Recap on hygiene and safety in the kitchen / The eat well plate and getting the balance right / Design of food products / Labelling of food product / Ethical and environmental issues. / Evaluating dishes made in class.

Cajun chicken skewers / Fajitas / Chilli con carne / Tomato and herb pasta pots / Rocky road.

Year 9

UNIT 1 - [Food KS3\D&TSoW Year 9 unit 1 2019.htm](#) Recap on hygiene and safety / Rice as a staple food / Sauce making & thickening agents / Pasta as a staple food / Potatoes as a staple food. UNIT 2 - [Food KS3\D&TSoW Year 9 unit 2 2019.htm](#) Time plans / Pastry making / Cake making / Designing to a specification.

Chicken curry / Sweet and sour chicken / Lasagne / Cottage pie / Flapjacks with piping / Puff pastry pizza / Marble cake / Layered dessert

Year 10

**Unit 1 - Fruit /veg.**  
Diet & nutrition, primary & secondary processing, cooking methods.

**Unit 2 – Cereals.**  
Nutrition, primary and secondary processing, food science, staple foods, cultures and cuisines, food poverty and food security.

**Unit 3 – Dairy.**  
Nutrition, primary and secondary processing, Dietary needs at life stages.

**Unit 4 – HBV/LBV proteins.**  
Nutrition, saturated fats, Food Hygiene, Food choices and dietary needs, food science.

**Unit 5 - Fats/sugar.**  
Nutrition, diet, cake making, food science.

Year 11

**Non Examined Assessment 1** – Food Investigation - 30 marks. Research, plan, experiment and evaluate a brief given by exam board on 1<sup>st</sup> September. Hand in 1<sup>st</sup> November.

**Non Examined Assessment 2** – Food preparation - 70 marks. Research, plan, prepare and evaluate 3 dishes. Brief given by exam board on 1<sup>st</sup> November. Includes a 3 hour practical exam to make the dishes. Hand in 1<sup>st</sup> March.

**Written exam** – June - 100 marks. Once NEA's are handed in pupils will revise all topics from Year 10. NB: Mock exam in November will be a 2 hour practical assessment.