

KS3 Food Technology learning journey

Year 7 Healthy Eating and Nutrition	Year 8 What The World Eats	Year 9 Food Choices
SKILLS UNIT -Health and safety in the food kitchen. -Key temperatures -Knife skills -Food poisoning -Washing-up and cleaning routines. -Basic food skills -Weighing & measuring -Equipment choice and uses -Disassembly of recipes -Cooker skills and methods of heating food -Function of ingredients NUTRITION UNIT -The Eatwell guide -Healthy eating guidelines -5-a-day -Seasonal food and food miles -Sensory analysis -Adapting a recipe -Food waste DESIGN UNIT -Evaluating existing products -Designing a food product to meet the nutritional needs of people at different stages in their lives	SKILLS UNIT -Review of basic skills including knife and cooker skills -Food contamination and bacteria -Cooking methods and impact on the nutritional value -Labelling -Food sources: advantages and disadvantages of regional and locally sourced ingredients NUTRITION UNIT -Recap of The Eatwell Guide -Focus on salt and fibre in the diet -Micronutrients: source, types and function of vitamins and minerals -Macronutrients: source, types and function of fats, protein and alternative proteins DESIGN UNIT -History and theory of bread making -Function of ingredients -Sensory analysis -Research and plan a two course meal based on a country of students choice	Revisit The Eatwell Guide Nutritional analysis Macronutrients and Micronutrients Food poisoning and bacteria Energy balance Diet and lifestyle Adapting recipes and food choices Best of British Multicultural foods