

Meadow Park: Curriculum Map 2023 - 2024 KS3



Key Stage	Year Group	Curriculum Area	Subject Title(s)	Qualification(s)			
KS3	7,8&9	Food Preparation and Nutrition	Home Cooking Skills	National Curriculum			
AUTUMN A		AUTUMN B		SPRING A	SPRING B	SUMMER A	SUMMER B
Topic(s)		Topic(s)		Topic(s)	Topic(s)	Topic(s)	Topic(s)
Fruit and vegetables Diet and good Health		Cereals Principles of nutrition		Milk, cheese and yoghurt The science of cooking food	Meat, poultry, fish and eggs Food Providence and Food Waste	Beans, nuts and seeds, soya, tofu and mycoprotein Cultures and cuisines	Butter, oil, margarine, sugar and syrup Technological Developments
Assessment Tasks		Assessment Tasks		Assessment Tasks	Assessment Tasks	Assessment Tasks	Assessment Tasks
Food Providence Food Waste Food Preservation		Specialist Equipment Types of Fibre Sources of Fibre		Safe use of the Grill Health Guidelines and Government Recommendations	The Role of Food Packaging Types of Packaging Impact on The Environment	Knife Skills Why food is Cooked Methods of Cooking	Environmental Issues Sustainability Food Miles
Investigating a Commodity Developing a Hypothesis Developing and Action Plan		Protein Essential Amino Acids Dietary Needs		Modifying a Recipe Food Labelling Food Choice and Diet	Discussing Suitability Factors affecting Choice Summarising Skills and Methods	Effects of Heat on Food Nutritional Needs Uses of Microorganisms	Reducing Waste Sensory Perception Sensory Analysis
Personal Development/Career		Personal Development/Career		Personal Development/Career	Personal Development/Career	Personal Development/Career	Personal Development/Career
Diet, exercise and healthy choices Alcohol and drug misuse Diet and lifestyle		Raising aspirations Tackling discrimination Identifying strengths and setting goals		Managing on and offline friends Online safety LGBTQ	Puberty, unwanted contact and FGM Managing loss and change Addiction and drug misuse	Family life Sexuality, consent and contraception STI's, sexting and pornography	Saving, spending and budget Financial decisions Reflecting on learning
Reading & Writing		Reading & Writing		Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing
Read and understand a range of texts, Health and Hygiene rules and requirements		Read practical instructions before starting practical Write up all practical's Identify tools and Equipment		Identifying and writing up different food items Write up all practical's Read about different food items	Designing menus and gathering recipe information Write up all practical's Review different menus which will help with own menu decisions	Putting together own recipes and menus for their age group Write up all practical's Read a range of similar recipes to come up with parallel methods	Complete all Healthy Lifestyles work and Write up all practical's Read through and check all work to ensure everything has been finished
Speaking & listening		Speaking & listening		Speaking & listening	Speaking & listening	Speaking & listening	Speaking & listening
Take part in formal and informal discussions/exchanges.		Take part in formal and informal discussions/exchanges.		Take part in formal and informal discussions/exchanges.	Take part in formal and informal discussions/exchanges.	Take part in formal and informal discussions/exchanges.	Take part in formal and informal discussions/exchanges.
Numeracy & Mathematical Reasoning		Numeracy & Mathematical Reasoning		Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning
Weighing, Measurement and Calculations (Portions etc., Fat Content)		Weighing, Measurement and Calculations (Portions etc., Fat Content)		Weighing, Measurement and Calculations (Portions etc., Fat Content)	Weighing, Measurement and Calculations (Portions etc., Fat Content)	Weighing, Measurement and Calculations (Portions etc., Fat Content)	Weighing, Measurement and Calculations (Portions etc., Fat Content)
Creative Media		Creative Media		Creative Media	Creative Media	Creative Media	Creative Media
Select, interact with and use ICT systems independently for a given task to meet a variety of needs i.e. Recipe searches. Qualifying information		Use online software to identify and calculate a breakdown the constituent parts of a product (s) and nutrient values		Manage information storage to enable efficient retrieval – recipe database	Use online software to identify and calculate a breakdown the constituent parts of a product (s) and nutrient values	Present information in ways that are fit for purpose and audience.	Use online software to identify and calculate a breakdown the constituent parts of a product (s) and nutrient values

