


Meadow Park School - Curriculum Map 2025-2026						
Key Stage	Year Group	Subject	Teacher	Programme of Study		
KS3	7/8/9	Food and Nutrition	C.Roose	National Curriculum		
Autumn a		Autumn b	Spring a	Spring b	Summer a	Summer b
Topic(s) Kitchen Basics & Safety (7/8 Weeks) <i>Focus: establish routines, hygiene, core skills</i>		Topic(s) Healthy eating and breakfasts (7 weeks) <i>Focus: Eatwell guide, balanced diet, healthy start to the day</i>	Topic(s) Fruit and Veg Mastery (6 weeks) <i>Focus: increasing knife skills, nutrition awareness, presentation</i>	Topic(s) Foods from around the world (5 weeks) <i>Focus: carbohydrates, staple foods and cultural appreciation</i>	Topic(s) Protein and simple meals (6 weeks) <i>Focus: protein sources and basic meal assembly</i>	Topic(s) Cultural Food project (8 weeks) <i>Focus: creativity, teamwork, mini “master chef”</i>
Year 10						
<div>✔ Theory / knowledge</div> <div><ul style="list-style-type: none">- Classroom rules, safety signs, hygiene basics- Equipment names and their uses- Handwashing and cross contamination</div> <div>🔍 Practical Skills</div> <div><ul style="list-style-type: none">- Hand equipment use (peelers, graters, knives (bridge/claw))- Weighing / measuring using scales, cups, spoons- Heat sources (hob, oven, grill) introduction</div> <div>🍳 Dishes</div> <div><ul style="list-style-type: none">- Fruit salad / crudités & dip- Rock buns / fair cakes- Toasties / pizza pittas- Scrambled eggs on toast</div>	<div>✔ Theory / knowledge</div> <div><ul style="list-style-type: none">- Eatwell guide – food groups- Importance of breakfast for concentration / energy</div> <div>🔍 Practical Skills</div> <div><ul style="list-style-type: none">- Basic frying (low & medium heat)- Combining ingredients / layering- Portioning</div> <div>🍳 Dishes</div> <div><ul style="list-style-type: none">- Flapjacks / overnight oats- Healthy smoothies- Pancakes (sweet and savoury)- Breakfast muffins / egg mc muffins- Yoghurt pots</div>	<div>✔ Theory / knowledge</div> <div><ul style="list-style-type: none">- 5-a-day campaign- Why fruit and vegetables are important (vitamins & minerals)</div> <div>🔍 Practical Skills</div> <div><ul style="list-style-type: none">- Chopping and slicing (fine dice, batons)- Boiling and steaming veg</div> <div>🍳 Dishes</div> <div><ul style="list-style-type: none">- Rainbow salad / couscous- Veg soup (blended / chunky)- Stir fry (introduction to wok)- Apple crumble</div>	<div>✔ Theory / knowledge</div> <div><ul style="list-style-type: none">- Carbohydrates and energy- Staple foods (rice, pasta, bread) and how it is used in different cultures</div> <div>🔍 Practical Skills</div> <div><ul style="list-style-type: none">- Boiling pasta and rice safely- Kneading dough</div> <div>🍳 Dishes</div> <div><ul style="list-style-type: none">- Pasta salad- Basic flatbread / chapatis- Fried rice- Mini pizza bases (from scratch)</div>	<div>✔ Theory / knowledge</div> <div><ul style="list-style-type: none">- Animal vs plant based protein- Food safety with meat, dairy and eggs</div> <div>🔍 Practical Skills</div> <div><ul style="list-style-type: none">- Cooking eggs (omelette, poaching)- Safe handling of raw chicken</div> <div>🍳 Dishes</div> <div><ul style="list-style-type: none">- Omelette- Quesadillas / wraps- Bean chili / veg curry- Chicken stir fry (optional / adapted)</div>	<div>✔ Theory / knowledge</div> <div><ul style="list-style-type: none">- Choose a country / culture- Research ingredients and traditions</div> <div>🔍 Practical Skills</div> <div><ul style="list-style-type: none">- Planning- Budgeting- Working independently using skills gained</div> <div>🍳 Dishes</div> <div><ul style="list-style-type: none">- Group-selected cultural dishes (e.g. fajitas, sushi rolls, pasta al Forno)</div>	
Assessment Tasks		Assessment Tasks	Assessment Tasks	Assessment Tasks	Assessment Task	Assessment Tasks
Week 5: Practical assessment Task: Pupils independently prepare crudités & dip Teacher Assessment: <ul style="list-style-type: none">- Hygiene routines (handwashing, surface cleaning)- Knife skills (bridge and claw)- Safe equipment handling		Week 5: Practical assessment Task: Pupils make a balanced breakfast (egg muffins) Teacher Assessment: <ul style="list-style-type: none">- Combining multiple food groups (carbs, fruit, protein)- Portioning and presentation	Week 5: Practical assessment Task: Prepare veg soup independently Teacher Assessment: <ul style="list-style-type: none">- Fine chopping, dicing and peeling skills- Using the hob safely (simmering)- Presentation skills	Week 4: Practical assessment Task: Make pizza base from scratch Teacher Assessment: <ul style="list-style-type: none">- Following instructions- Measuring and mixing dough- Kneading technique- Oven safety	Week 5: Practical assess Task: Cook a quesadilla / omelette Teacher Assessment: <ul style="list-style-type: none">- Safe egg / meat handling- Pan control (not burning/scrambling)- Multi-step cooking	Week 6: Practical assessment Task: Pupils plan and cook a cultural dish of their choice (from a selection of dishes (culture fusion)) – in pairs Teacher Assessment: <ul style="list-style-type: none">- Independent planning (choosing

<p>Class discussions: discuss kitchen rules and why they're important</p> <p>Recaps: students describe safety steps before starting practical's</p> <p>Vocal practice: saying names of equipment /utensils when shown</p>	<p>Class discussions: discuss and justify why an item belongs in a certain food group</p> <p>Peer explanations: explain how to prepare a dish to a partner</p> <p>Q&A: students ask and answer questions about the Eatwell guide</p>	<p>Class discussions: students share what they like / don't like about different fruit and veg</p> <p>Knife skills demo: students talk through the steps as they practice (narration)</p> <p>Mini presentations: pairs describe a fruit/veg fact to the group</p>	<p>Class discussions: discuss foods they eat at home and discuss cultural traditions</p> <p>Recipe instructions: read steps aloud</p> <p>Feedback: peer WWW / EBI</p>	<p>Class discussions: students discuss if foods are animal or plant-based. Also share known substitutions</p> <p>Safety talks: students explain how to handle eggs or raw meat safely</p> <p>Commentary: narrate steps during practical</p>	<p>Class discussions: students present their chosen dish / country to the group (informal)</p> <p>Team collaboration: talking through who will do each task during the group cooking</p> <p>Reflection: self WWW / EBI</p>
Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning
<p>Reading scales (digital and analogue), calculating timings, measuring in grams and millimetres accurately</p> <p>Mathematical reasonings: Why accurate measurements are important for safety and recipe success?</p>	<p>Using measuring jugs for ml, comparing portion sizes (e.g. ½ cup oats vs 1 cup of oats), understanding and using fractions (½ a banana, ¼ of an apple)</p> <p>Mathematical reasonings: Thinking about balanced proportions on the Eatwell guide</p>	<p>Counting out fruit / veg pieces, estimating and weighing produce (e.g. is this carrot about 100g), understanding knife cuts (½, ¼, fine dice)</p> <p>Mathematical reasonings: Comparing raw vs cooked weight (veg loses water when boiled)</p>	<p>Measuring rice, pasta and flour in grams, simple ration thinking for dough (e.g. flour : water), timings for cooking</p> <p>Mathematical reasonings: Thinking about how doubling or halving a recipe affects amounts</p>	<p>Weighing and portioning protein (e.g. eggs, beans), reading oven and hob temperatures, calculating safe storage times (e.g. use within 2 days)</p> <p>Mathematical reasonings: Understanding why precise cooking times matter to food safety</p>	<p>Scaling recipes up/down (e.g. recipe serves 2 but group of 4), budgeting ingredients (estimating costs), time planning for their dish</p> <p>Mathematical reasonings: Making decisions: if I have £5, which ingredients can I afford? Sequencing tasks logically in order of time</p>
Creative Media	Creative Media	Creative Media	Creative Media	Creative Media	Creative Media
<p>Using Canva / PPT to design safety posters, taking photos of utensils / equipment to label</p>	<p>Eatwell guide Moodboard of healthy breakfasts from online images, students type and format their own recipe cards.</p>	<p>Food photography introduction (taking photos of final outcomes), light editing of photos (brightness, saturation, labels), create a 5-a-day infographic</p>	<p>World food map development, video clips of different cultures, recording of demo clips to share good practice</p>	<p>Student made step-by-step photo recipes, design of infographic on safe meat/egg handling</p>	<p>Project presentation slides, research and calculate nutritional value of products, end of year recipe book: gathering student photos and recipe developments</p>