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) Focus: establish routines, hygiene, core skills		Topic(s) Healthy eating and breakfasts (7 weeks) Focus: Eatwell guide, balanced diet, healthy start to the day	Topic(s) Fruit and Veg Mastery (6 weeks) Focus: increasing knife skills, nutrition awareness, presentation Year 10	Topic(s) Foods from around the world (5 weeks) Focus: carbohydrates, staple foods and cultural appreciation	Topic(s) Protein and simple meals (6 weeks) Focus: protein sources and basic meal assembly	Topic(s) Cultural Food project (8 weeks) Focus: creativity, teamwork, mini "master chef"
			Tour re			
 Theory / knowledge Classroom rules, safety signs, hygiene basics Equipment names and their uses Handwashing and cross contamination Practical Skills Hand equipment use (peelers, graters, knives (bridge/claw) Weighing / measuring using scales, cups, spoons Heat sources (hob, oven, grill) introduction Dishes Fruit salad / crudités & dip Rock buns / fair cakes Toasties / pizza pittas Scrambled eggs on toast 		Theory / knowledge - Eatwell guide – food groups - Importance of breakfast for concentration / energy Q Practical Skills - Basic frying (low & medium heat) - Combining ingredients / layering - Portioning - Portioning Dishes - Flapjacks / overnight oats - Healthy smoothies - Pancakes (sweet and savoury) - Breakfast muffins / egg mc muffins - Yoghurt pots	Theory / knowledge - 5-a-day campaign - Why fruit and vegetables are important (vitamins & minerals) Practical Skills - Chopping and slicing (fine dice, batons) - Boiling and steaming veg Dishes - Rainbow salad / couscous - Veg soup (blended / chunky) - Stir fry (introduction to wok) - Apple crumble	 ✓ Theory / knowledge Carbohydrates and energy Staple foods (rice, pasta, bread) and how it is used in different cultures Q Practical Skills Boiling pasta and rice safely Kneading dough Dishes Pasta salad Basic flatbread / chapatis Fried rice Mini pizza bases (from scratch) 	 Theory / knowledge Animal vs plant based protein Food safety with meat, dairy and eggs Practical Skills Cooking eggs (omelette, poaching) Safe handling of raw chicken Dishes Omelette Quesadillas / wraps Bean chili / veg curry Chicken stir fry (optional / adapted) 	Theory / knowledge - Choose a country / culture - Research ingredients and traditions Practical Skills - Planning - Budgeting - Working independently using skills gained Dishes - Group-selected cultural dishes (e.g. fajitas, sushi rolls, pasta al Forno)
	ent Tasks	Assessment Tasks	Assessment Tasks	Assessment Tasks	Assessment Task	Assessment Tasks
Week 5: Practice Task: Pupils inde prepare crudité	pendently s & dip	Week 5: Practical assessment Task: Pupils make a balanced breakfast (egg muffins)	Week 5: Practical assessment Task: Prepare veg soup independently	Week 4: Practical assessment Task: Make pizza base from scratch	Week 5: Practical assess Task: Cook a quesadilla / omelette	Week 6: Practical assessment Task: Pupils plan and cook a cultural dish of their choice
Teacher Assessment: - Hygiene routines (handwashing, surface cleaning) - Knife skills (bridge and claw) - Safe equipment handling		Teacher Assessment: - Combining multiple food groups (carbs, fruit, protein) - Portioning and presentation	Teacher Assessment: - Fine chopping, dicing and peeling skills - Using the hob safely (simmering) - Presentation skills	Teacher Assessment: - Following instructions - Measuring and mixing dough - Kneading technique - Oven safety	Teacher Assessment: - Safe egg / meat handling - Pan control (not burning/scrambling) - Multi-step cooking	(from a selection of dishes (culture fusion)) – in pairs Teacher Assessment: - Independent planning (choosing

	Week 6: KO Test	Week 6: KO Test	Week 5: KO Test		ingredients, creating
Week 6: KO Test	Task: Mini quiz, label the	Task: Mini quiz, persuasive	Task: Mini quiz, map activity	Week 6: KO Test	a recipe to follow)
Task: Mini quiz, spot the hazards	Eatwell guide and colour in	writing task 'why should we	- label where staple foods	Task: Mini quiz, sort animal	- Cooking techniques
worksheet	the groups	eat 5-a-day?	are most common	vs plant-based protein	learned across the
				sources into a table	year
Shows understanding of safety	Shows students can group	Checks ability to apply	Builds cultural awareness		- Presentation &
rules and hygiene	foods	nutritional knowledge	Y Knowledge on local	Reinforces dietary	evaluation skills
Explain why safety ad	Explain why each group is	P Expand on health	cuisines for different	knowledge	
hygiene is important	important	advantages of eating 5-a-day	countries	Expand on knowledge	Week 6: KO Test
		(nutritional value information)		of dietary requirements and alternatives	Task: Mini quiz, self / peer reflection on dishes
					Brings knowledge and skills together for a final project Praluation of dish, what improvements can be made? What substitutions
					can you use?
Personal Development	Personal Development	Personal Development	Personal Development	Personal Development	Personal Development
Independence and	Healthy lifestyle choices,	Curiosity and openness,	Cultural respect and	Self-care and nutrition	Leadership and initiative,
responsibility, following instructions, safety awareness	routine and preparation, positive habits	resilience, respect for food and waste awareness, raising aspirations	tolerance, teamwork, global awareness	knowledge, practical life skills, confidence building	creativity, reflection and pride, finance and meal budgeting
	Dooding & Writing	Dooding & Writing	Dooding & Writing	Pooding 9 Writing	Dooding & Writing
Reading & Writing	Reading &Writing	Reading &Writing	Reading &Writing	Reading &Writing	Reading &Writing
Safety posters and kitchen signage, recipe instructions, hygiene and safety rules, identification of tools and equipment	Eatwell guide, simple nutrition fact sheets, labelling and annotating tasks, reflective writing tasks	Info on vitamins and minerals in fruit and veg, ingredients lists, food packaging labels, persuasive writing techniques using key vocab	Identification of world map, recipes from different cultures, understanding new words in different languages, reflection writing	Protein source lists, food safety leaflets about eggs / meat, sorting labels into categories, reflection writing	Research and read articles for chosen dish, simple online searches (with guidance), designing of menus and gathering of recipe information, reviewing existing menus, time plan writing, reflection writing
Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening

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