

Food Preparation & Nutrition at Key Stage 3

Content

At KS3, students study Food for a double period per week on a rotational, half-termly basis.

The food curriculum has been created to enable students to learn where food comes from; how to cook a variety of both savoury and sweet dishes safely, hygienically and increasingly independently; to use a range of processes and operate both hand-tools and machinery in the making of these dishes.

The dishes chosen will develop students' skills (and confidence) year-on-year and give them a solid foundation in cooking.

Students will consider the food science involved in all the dishes they make and, at times, undertake specific experimental work.

A knowledge and understanding of nutrition and healthy eating permeates the lower school curriculum, through theory and practical work.

You might make:

- Spicy tomato soup
- Fruit crumble
- Bread rolls
- Chicken chasseur
- Quiche
- Swiss roll

Assessment

At the start of every year, students complete a written 'pre-test' to ascertain their existing knowledge at that point. A repeat test at the end of the academic year indicates the learning, and progress, they have made. Practical work is judged (against set standards) by students and their families, before feedback and the recording of marks/comments.

