

Woodbrook Vale School

KS3 Food Prep and Nutrition Curriculum

- Reading
- Practical Skills
- Numeracy
- Well-being

- Moral Compass
- Writing
- Sustainability
- Communication

Year 7

Food Safety & Hygiene

Skills Learnt -
Knife skills and general safety

Impact -
Carrot cuts, salad and theory assessment



Skills Learnt -
Analyse the Eatwell guide and investigate seasonality

Impact -
Seasonal soup and theory assessment

Eatwell Guide & Seasonality

8 Tips for Eating Well

Skills Learnt -
Application for the 8 tips for eating well to student lifestyle and adaptation of seasonal soup recipe

Impact -
Accuracy of application and adaptation and theory assessment



Skills Learnt -
'Great globs of gluten' food science experiment

Impact -
Bread making experiment and theory assessment

Gluten Experiment

Planning for Practicals

Skills Learnt -
Create a plan of action for a pasta bake

Impact -
Completion of planning and outcome of practical



Skills Learnt -
Macro-nutrients in a balanced diet

Impact -
Bread making experiment and theory assessment

Macro-Nutrients

British Cuisine

Skills Learnt -
Researching traditional food production in the UK

Impact -
Sweet or savoury scones and theory assessment



Year 8

Temperatures & Storage

Skills Learnt -
Food safety activities

Impact -
Safely preparing a curry and theory assessment



Skills Learnt -
Independent research into a chosen country's cuisine

Impact -
Successfully cook a stir fry and theory assessment



International Cuisine

Sensory Analysis

Skills Learnt -
Understand how to analyse a food product using sensory descriptors

Impact -
Analyse two different soup products and theory assessment



Skills Learnt -
Using software to analyse the key nutrients required for a balance diet

Impact -
'Explore food' food label and theory assessment



Nutritional Analysis

Food Miles

Skills Learnt -
Understanding the impact of food importation

Impact -
Theory assessment and practical pizza



Skills Learnt -
Merge two recipes into one seamless plan of action

Impact -
Practical fajitas and theory assessment



Dovetail Plan

Plan Own Dish

Skills Learnt -
Create a dish using a range of practical skills

Impact -
Practical assessment and theory assessment



Year 9

Vitamins & Minerals

Skills Learnt -
Identify the main vitamins and minerals

Impact -
Practical fruit muffins and theory assessment

Skills Learnt -
Identify the 3 macro-nutrients required for a healthy balanced diet

Impact -
Practical tagine and theory assessment

Macro-Nutrients & Fibre

Mini NEA2 Project

Skills Learnt -
Explore GCSE controlled assessment

Impact -
Final practical dish

Skills Learnt -
Understand the properties of pastry products

Impact -
Practical high risk dish and theory assessment

Pastry

Food Production

Skills Learnt -
Identify primary and secondary processing

Impact -
Practical assessment and Chelsea Buns and theory assessment

PD Curriculum Links Key:

- Health and Well-being
- Living in the Wider World
- Career and ATL
- Relationships

In ADT, students are given the opportunity to experience Fine Art, Design Technology and Food and Nutrition. A predominantly practical curriculum, students learn skills which build throughout Key stage 3 and prepare them for possible option choices at Key Stage 4.

We expect students to be independent learners and foster individuality, creativity and resilience across a broad range of projects. The course has been sequenced to enable students to grow and develop their understanding of the formal elements in each subject area, as well as the work of artists, chefs and designers, building knowledge, which informs their choice in practical activities.