

Food Studies SCHEME OF WORK

KS3 Overview- Please note that these topics might be covered across mixed year groups.

Year	Autumn Term	Spring Term	Summer Term
Year 7	To understand common foods, their uses and where they come from, including where fruits and vegetables grow.	Recognition and understanding of basic utensils and equipment used in the kitchen Hygiene, hazards and safety.	Select from and use a range of cooking tools and equipment to perform practical tasks that influence their everyday life. Follow a simple recipe
Year 8	Understand principles of nutrition and health, including the different food groups and their uses	Follow a step by step recipe Prepare and cook a variety of simple sweet and savoury dishes that meet the full range of food groups. To research recipes that include common food groups.	Make informed choices when looking at food labels, expiry dates and instructions. To begin to understand a range of cooking techniques and apply skills when working practically.
Year 9	Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet with relation to the Eat well Guide	Become competent in a range of cooking techniques To be able to evaluate dishes	Understand food from around the world. Understand the reasons people might make different food choices. Understand the source, seasonality and characteristics of a broad range of ingredients.

