

KS3 Food Preparation and Nutrition

Content

In Years 7 and 8, all students will take part in food lessons which are a mix of practical sessions and theory. On completing the KS3 Food Journey students will be able to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; combining ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

Students will be required to bring in ingredients for the practical sessions. Parents will be given advanced warning of cooking days through Show my Homework. Recipe booklets are issued to all students at the start of the food rotation and an online copy of the recipe booklet can also be found [here](#).

Onwards to KS4

The practical skills and subject knowledge gained in KS3 will provide a good grounding for students wanting to progress onto the GCSE in Food Preparation and Nutrition. This course is divided into five core topics:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance