Food Learning Journey KS3

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INTERNATIONAL CUISINE

Toad in the Hole Practical

Sizzling Stir Fry with Noodles Practical

Curry Practical

CONSUMER AWARENESS

Gourmet Burger Practical

Buying food, labelling, food waste

BRITISH CUISINE

Scotch Eggs Practical

Victoria Buns Practical

FOOD CHOICE

Factors affecting food choice including culture, social, medical, economic

HEALTH & SAFETY

Food allergies and intolerances, preventing cross-contamination

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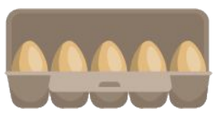
DAIRY

Chicken Fajitas Practical

Cheese and Onion Triangles Practical



FATS & OILS

Macaroni Cheese Practical

ADAPTING RECIPES

Pizza Practical

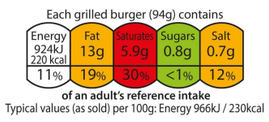
KS3 – National Curriculum Cooking and Nutrition

PROTEIN

Fish and Chips Practical

THE EATWELL GUIDE PT 2

Bolognese Practical



Healthy eating guidelines review

HEALTH & SAFETY

Preventing food poisoning, using high risk ingredients safely and the 4Cs

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FOOD MILES

Apple Crumble Practical

CARBOHYDRATES

Pizza Toast Practical

Flapjacks Practical

THE SCIENCE OF COOKING

Scones Practical

SENSORY TESTING

FRUIT & VEGETABLES

Vegetable Couscous Practical

Fruit Fusion Practical

THE EATWELL GUIDE PT 1

Healthy eating guidelines

HEALTH & SAFETY

Personal hygiene, knife safety (bridge and claw) and cooker safety