Course Title
KS3 Food and Nutrition
Overview
The KS3 Food and Nutrition curriculum develops students' understanding of healthy eating, nutrition, food science and sustainability while building practical cooking skills. Through a range of predominantly savoury dishes, students learn to prepare ingredients safely, use equipment confidently and apply a variety of cooking techniques. Students explore food from different cultures, religions and seasonal celebrations, helping them understand the role of food in communities around the world. They also learn about food provenance, ethical sourcing, seasonality and environmental sustainability, including concepts such as food miles, Fairtrade and Red Tractor. In Year 9, students have the opportunity to achieve the **BTEC Level 1 Home Cooking Skills qualification**, further developing their practical cooking skills and knowledge while gaining a recognised qualification that supports progression to further study at KS4 and beyond.
Outline of the Course
Students will develop a range of practical cooking skills through the preparation of a variety of dishes, learning how to use kitchen equipment safely and confidently. Students build their independence in the kitchen by developing key preparation and cooking techniques and reflecting on their practical work. They are encouraged to evaluate their dishes using appropriate sensory vocabulary and identify ways to improve their outcomes. The curriculum aims to equip students with the knowledge and confidence to cook healthy meals at home for themselves and their families, while fostering a lifelong enjoyment of cooking. Students also explore the importance of sharing cooking skills with others and recognise the value of food preparation as an essential life skill.
Assessment details
Assessment criteria as follows: Select and prepare ingredients for a recipe Use cooking skills when following a recipe Demonstrate food safety and hygiene throughout the preparation and cooking process Reflect on own learning about the value of gaining cooking skills Identify ways to pass on information about home cooking
Staff Roles
Ms Robinson will deliver/assess the lessons with the assistance of a teaching assistant.
Equipment/Health and Safety
All equipment and Ingredients needed for Food and Nutrition will be provided by NHESC
How will it be examined
The course is assessed through coursework (externally moderated) Y9 students only.
Appeals process
BTEC Centre Appeal Guidance 2022

Curriculum Plan	
This table sets out the intended curriculum plan for KS3 Food and Nutrition. The plan for each upcoming half term is reviewed in advance based on the progress that has been made, while also taking into account the contrasting needs of individuals within each cohort and the impact of external factors on their learning. Students in Y9 work towards achieving the BTEC Level 1 Home Cooking Skills qualification prior to their return to mainstream.	
KS3	
Autumn 1 Select and prepare ingredients for a recipe Use cooking skills when following a recipe Demonstrate food safety and hygiene throughout the preparation and cooking process. Prepare a wide range of predominantly savoury dishes for a selection of cultures including Pizza, Toad in the Hole, Jerk Chicken, Bang Bang Chicken, Chicken Katsu and Scotch Eggs.	**Autumn 2** Select and prepare ingredients for a recipe Use cooking skills when following a recipe Demonstrate food safety and hygiene throughout the preparation and cooking process. Prepare a wide range of predominantly savoury dishes for a selection of cultures including Sweet and Sour Chicken, Vegetable Soups, Burrito, Beef and Lentil Cottage Pie and Festive themed dishes.
Spring 1 Select and prepare ingredients for a recipe Use cooking skills when following a recipe Demonstrate food safety and hygiene throughout the preparation and cooking process. Prepare a wide range of predominantly savoury dishes for a selection of cultures including Pizza, Toad in the Hole, Jerk Chicken, Bang Bang Chicken, Chicken Katsu and Scotch Eggs.	**Spring 2** Select and prepare ingredients for a recipe Use cooking skills when following a recipe Demonstrate food safety and hygiene throughout the preparation and cooking process. Prepare a wide range of predominantly savoury dishes for a selection of cultures including Sweet and Sour Chicken, Vegetable Soups, Burrito, Beef and Lentil Cottage Pie and Easter themed dishes .
Summer 1 Select and prepare ingredients for a recipe Use cooking skills when following a recipe Demonstrate food safety and hygiene throughout the preparation and cooking process. Prepare a wide range of predominantly savoury dishes for a selection of cultures including Pizza, Toad in the Hole, Jerk Chicken, Bang Bang Chicken, Chicken Katsu and Scotch Eggs.	**Summer 2** Select and prepare ingredients for a recipe Use cooking skills when following a recipe Demonstrate food safety and hygiene throughout the preparation and cooking process. Prepare a wide range of predominantly savoury dishes for a selection of cultures including Sweet and Sour Chicken, Vegetable Soups, Burrito, Beef and Lentil Cottage Pie and summer themed dishes