KS3 Food & Nutrition

Teacher: Ms Lewis

Students have Food lessons once per fortnight across key stage three. The lessons follow a cycle each half term including one theory lesson, one demonstration lesson and one practical lesson.

During cooking lessons, students will **not** be expected to bring their own ingredients. Instead, we ask families to make a **voluntary** financial contribution of £10 via ParentPay so that ingredients can be organised centrally for all. Pupils in receipt of free-school meals, or those financially unable, are not expected to pay.

Students' homework for Food is simple: bring in a container for your practical lesson. Students will be told in their previous lesson to write this in their planners. It is your child's responsibility to organise this – but please do support them by asking them when their next cooking lesson is.

Y7 Autumn Lesson Schedule	**Y8 Autumn Lesson Schedule**	**Y9 Autumn Lesson Schedule**
Health and safety	Introduction to energy	(P) Cavatelli pasta
Eatwell Guide and knife skills	(P) Breakfast flapjacks	Types and functions of fats
P: Roast autumn vegetables	Sources and functions fibre	Types and functions of carbohydrates
Nutritional analysis using Chromebooks	Nutritional analysis using Chromebooks	Nutritional analysis using Chromebooks
Allergies and intolerances	Sources and functions of proteins	(P) Lentil cottage pie
Dietary choices	(P) Halloumi, courgette and chickpea fritters	Micronutrients and deficiency
P: Falafel wraps	Plant-based protein sources	Gelatinisation

Nutritional analysis using Chromebooks	Nutritional analysis using Chromebooks	
Y7 Spring Lesson Schedule	**Y8 Spring Lesson Schedule**	**Y9 Spring Lesson Schedule**
Critical temperatures and cooking food	Cake-making and preference testing	(P)Leek, pea and macaroni cheese
Bacteria and food poisoning	(P) Madeleines	Biological raising agents
P: Jerk chicken kebabs	Star diagrams	Yeast experiment
Tea sensory reporting	Sensory analysis using Chromebooks	(P) Pizza
Chemical raising agents	(P)Flatbreads with shakshuka	Denaturation and coagulation
Scones experiment	Shakshuka recipe card	
Y7 Summer Lesson Schedule	**Y8 Summer Lesson Schedule**	**Y9 Summer Lesson Schedule**
P: Scones	Food provenance and food miles	(P) Meringue Kisses
Food security	(P) Lentil curry with rice	Sensory analysis using Chromebooks
P: Nasi goreng	Shopping locally	Meringue recipe card competition
Sensory analysis using Chromebooks	(P) Summer rolls	GCSE course begins...
Labelling and jar prep	Cost analysis using Chromebooks	

P: Jar salad	Gardening with the raised beds	
Cost analysis using Chromebooks		