

Food Overview 2015-16- Key stage Three

Term	Autumn one	Autumn two	Spring one	Spring two	Summer one	Summer two
KS3 Year 7	<p>Basic health and safety including basic skills and techniques</p> <p>Lesson outcomes- students will have a basic knowledge of health and safety in a food technology room. Students will be introduced to basic skills and techniques such as different ways to chop and slice vegetables.</p>	<p>Sainsbury's Active Kids</p> <p>Seasonal soups.</p> <p>Lesson outcomes; students will have used basic sensory words to taste test different seasonal soups, students will then create and make a hearty or main meal soup which will encourage people to eat more seasonal ingredients. Students will look at current healthy eating guidelines, in particular reducing salt content by using alternative flavourings.</p>	<p>The great British bake off</p> <p>Lesson outcomes; students will be introduced to different baking techniques each week such as pastry, cakes, bread and pies. Students will have the opportunity to choose individual recipes throughout this module.</p>	<p>Foods around the world</p> <p>Lesson outcomes; students will be focusing on different food and cultures from around the world.</p> <p>Students will have the opportunity to choose individual recipes throughout this module.</p>	<p>Sainsbury's active kids</p> <p>Pizza/ ready meal project.</p> <p>Lesson outcomes; students will taste test different pizza and using sensory words analyse them. They will then have several lessons to cook a basic pizza making adaptations to the original recipe each time. Lessons will include looking into packaging and nutritional values</p>	<p>Sainsbury's 's active kids</p> <p>Catering for health</p> <p>Lesson outcomes; students will Plan, develop and make a range of meal options for a school canteen that follow current healthy eating principles and have student appeal. Students will look at our current lunch options available and the recommendations for food and nutrition standards set by the government.</p>
KS3 Year 8	Advanced health and safety.	The Great British Bake off.	Foods around the world.		Entry level Certificate - Unit 4 Food Handling, Preparation and Storage.	

	<p>Lesson outcomes- students will have a good knowledge of health and safety in a food technology room including potential hazards. Students will be gain knowledge on new techniques to advance their cooking skills</p>	<p>Lesson outcomes; students will be introduced to different baking techniques each week such as pastry, cakes, bread and pies. Students will have the opportunity to choose individual recipes throughout this module.</p>	<p>Lesson outcomes; students will be focusing on different food and cultures from around the world.</p> <p>Students will have the opportunity to choose individual recipes throughout this module</p>	<p>Lesson outcomes; students will start the entry level certificate as a basis for Year 9. Students will look into food storage, and preparation including lessons on the danger zone and basic food poisoning.</p>
KS3 Year 9	<p>Entry level Certificate unit 1- health and safety and unit 2- evaluating existing products</p> <p>Students will start the ELC programme, this module is Health and safety, Students will build on previous knowledge to create a detailed report on a health and safety issue of their choice.</p>	<p>Entry level Certificate - Unit 4 Food Handling, Preparation and Storage.</p> <p>Lesson outcomes; students will move on to unit 4 of the programme. This will look deeper into food storage, and preparation how to handle foods safely.</p>	<p>Entry level Certificate - Unit 5 foods for a specific function.</p> <p>Lesson outcomes; students will move on to unit 5 of the programme. This module is designed for making food on a large scale. Students will choose a function of their choice and create a menu for this including individual recipe cards. They will then create and cost the different meals.</p>	

Sainsbury's Active kids awards explained.

1 star Chef- Aimed at student's ages between -11-13 years.

This award focuses on the development of practical skills, applying healthy eating messages and investigating food choice. Activities include making a seasonal soup, sporty snack or savoury/sweet muffins.

2 star chef – Aimed at students aged between 12-14 years

Young people further develop their cooking skills, and investigate their own dietary needs. Activities include perfect pizza, pasta mania and special delivery.

3 star chef- Aimed at students 13-15 years

Equipped with greater confidence in cooking and applying healthy eating, young people are challenged to further put their skills to the test. Activities include catering for health, celebration events and healthy starts for young people. #

4 star chef- Aimed at students aged 14 years plus

Reaching the pinnacle of the awards, young people demonstrate their competence in cooking independently and modifying recipes. Activities include focusing on salt reduction, increasing vegetable and fruit consumption and micronutrient deficiency.