

KS3 FOOD: LEARNING JOURNEY

Healthy eating

Understanding health and Safety procedures in the food classroom.

Understanding personal hygiene rules.

Understanding how to use basic kitchen skills and learn some technical language.

Learning how to operate the cooker and use safely.

Learning how to measure and weigh ingredients correctly.

HEALTHY EATING

Embedding safety and hygiene rules.

Researching the eatwell guide and understanding how to implement into recipe choices.

Continuing to develop basic cooking skills.

MULTI-CULTURAL FOODS

Multi-Cultural foods

Recapping Health and Safety procedures in the food classroom.

Recapping personal hygiene rules.

Embedding kitchen routines and development of cooking skills.

Researching the 4 C's

Research the eight healthy eating tips.

Developing understanding of multi-cultural foods.

Developing skills in cooking multi-cultural foods.

Fake away

Recapping health and Safety procedures in the food classroom.

Recapping personal hygiene rules.

Embedding kitchen routines and developing cooking skills.

Researching key food temperatures and how they link to food poisoning.

FAKE AWAY

Researching special diets, life stages and how food choices can be adapted.

Creating healthy alternatives to take away foods.