

BIG PICTURE CURRICULUM PLANNING - KEY STAGE 3 Food, Preparation And Nutrition

The Big Aims of KS3	<ul style="list-style-type: none"> ● Develop pupils competence and confidence to excel in the kitchen ● Have confidence in using a range of utensils ● Pupils will apply and adhere to all the Health and Safety Regulations ● Inspire pupils to engage in lifelong participation of making a range of dishes ● Ensure pupils understand the long-term health benefits of a healthy balanced diet ● Support pupils in developing their health and well being through the correct choice of foods that they consume.
Characteristics of a Compelling Learning Experience	<ul style="list-style-type: none"> ● Pupils enjoy the learning experience and are eager to challenge themselves and learn more. ● Pupils are provided with opportunities for new experiences. ● Pupils work collaboratively to develop theirs and others performance. Using extensive vocabulary to evaluate their own and others knowledge and skills ● Pupils are provided with opportunities for self or peer-assessment. ● The success, commitment and effort of pupils is celebrated, through enrichment of the Food and Nutrition Programme. ● The learning experience develops and celebrates leaders and role models.
Key Concepts	<ul style="list-style-type: none"> ● Pupils develop the competence to excel, and confidently demonstrate expertise in their skills and knowledge in the kitchen ● Pupils understand and employ basic skills to develop a range of dishes that compromise the different elements ● Pupils understand what makes a performance effective (skills/techniques) and can use this knowledge to analyse theirs and others performances ● Pupils understand key theory principles relating to... <ul style="list-style-type: none"> ○ Nutrients ○ How the nutrients affect the body ○ Deficiencies ○ The functions and chemical properties of ingredients ● Pupils can confidently adopt independent roles to develop and evaluate a number of dishes throughout the key stage
Key Knowledge	<ul style="list-style-type: none"> ● Understand the the Four main nutrients that make a healthy balanced diet

	<ul style="list-style-type: none"> ● Understand the effect that the nutrients have on the body ● know the deficiencies that develop due to a lack of a specific nutrient. ● Explain the link between the nutrients and from the different sources ● Use key terminology to evaluate dishes (Taste, Texture, Aroma and Appearance) ● Understand the purpose of Health and Safety Regulations within the kitchen ● Understand how to research the chemical functions within practicals. ● Analyse practical investigations using extensive research
<p>Key Skills</p>	<ul style="list-style-type: none"> ● Embed the use of using equipment safely and effectively in the kitchen ● Demonstrate and apply the health and safety regulations that are required to ensure a safe working environment. ● Create a dish that compromises different elements of cooking without any guidance working independently following a detailed method. ● Demonstrate high technical skills in a number of dishes ● Use investigations to understand chemical functions in ingredients.