

Co-op Academy Walkden KS3 Food Studies Curriculum Overview 2022/23



Co-op Academy
Walkden

Year Group		AU1	AU2	SP1	SP2	SU1	SU2
7	Core Theme	Nutrients		Diets (life stages, food intolerances, special dietary requirements)		Cooking methods	Food waste project
	Intent	To understand and apply the principles nutrition and health		To develop knowledge of a healthy and varied diet		To develop skills in a range of cooking techniques	To adapt and use their own recipes
	Unit of Work	<p><u>Hygiene & Safety</u></p> <p>Personal hygiene, food poisoning, bacteria, risk assessments HACCP and the Environmental Health Officer (EHO).</p> <p><u>Nutrients</u></p> <p>Macro and micronutrients, functions and sources.</p> <p>Excess and deficiency of nutrients</p>		<p><u>Diets - age related</u></p> <p>Toddlers , children, teens, adults, elderly</p> <p>What do they need within their diets and why?</p> <p>Compare dietary groups- similarities and differences</p> <p><u>Food Intolerances / Special Diets</u></p> <p>Vegan, vegetarian, lactose, coeliac</p>		<p><u>Cooking methods</u></p> <ol style="list-style-type: none"> 1. Boiling 2. Shallow frying 3. Deep frying 4. Baking 5. Grilling <p>Impact on nutrients- the loss of certain nutrients, healthy choices.</p>	<p><u>Sustainability</u></p> <p>Reduce, reuse, and recycle.</p> <p>Energy efficiency within industry</p> <p>Food provenance</p> <p>Food miles</p>
	Practicals	<ol style="list-style-type: none"> 1. Layered salad jar 2. Flapjacks 3. Savoury scones 4. Chicken curry 5. Bolognese 6. Fruity muffins 		<ol style="list-style-type: none"> 8. Vegetable soup 9. Vegan cupcakes 10. Cheesecake - Lactose free 11. Gluten free Fish and chips 12. Children meal - students design 13. Lasagne -Adult diet 		<ol style="list-style-type: none"> 14. Boiled egg and fried egg and bacon on toast. 15. Chicken nuggets 16. Victoria sandwich cake 	Ready steady cook - produce a dish using a range of leftover ingredients.

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Year Group	Core Theme	7. Christmas Yule log							
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	Cultural Capital	Physical and mental wellbeing Understanding the needs of our daily nutritional intake		Physical and mental wellbeing Informing students what are balanced meals for a range of needs helps them make positive choices within their own diets and the medical impact of certain ingredients.		Personal Development Enabling students to gain understanding of the impact cooking methods have on their diets and nutritional requirements.		Wider Community Provides students with understanding of the impact their potential food shopping has on the environment and engages them with locally sourced produce.	
8	Core Theme	International cuisine		International cuisine		International cuisine			
	Intent	To understand and apply practical skills used in Asian cuisines.		To understand and apply practical skills used in European cuisines.		To understand and apply practical skills used in British cuisines and build a knowledge of British history.			
	Unit of Work	<u>Food Safety</u> Researching the culture and cuisine of the following :Asian cuisine. All students will be gaining an understanding of: religion, diet, Staple ingredients, cooking methods traditionally used and traditional dishes.		Researching the culture and cuisine of the following :European cuisine. How does it differ to Asian cuisine previously learnt. All students will be gaining an understanding of: religion, diet, Staple ingredients, cooking methods traditionally used and traditional dishes. They will also develop their understand of which countries make up Europe and how climate and economic changes impact on diets.		Research – The history of afternoon tea. Research traditional vs. modern afternoon tea. Research types of foods and presentation used to produce an afternoon tea as well as portion size. Products suitable for a menu - retrieval of customer dietary needs, costing, seasonality of ingredients being used. Menu planning - writing time plans			
	Practicals	<u>Practical's linked</u> 1. Lamb Korma 2. Hoisin pork noodles - Assessment 3. Pork Yuk Sung		<u>Practical's linked</u> 1. Lasagna 2. Chicken Kiev		<u>Practical's linked</u> 1. Traditional scones 2. Sausage rolls - ready made puff pastry			

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		<ol style="list-style-type: none"> 4. Beef Samosa 5. Singapore noodles with fresh prawns 	<ol style="list-style-type: none"> 3. Panna Cotta - Setting dessert 4. choux buns 5. paella 	<ol style="list-style-type: none"> 3. Scotch eggs 4. Lemon drizzle cupcakes 5. Team produced an afternoon tea competition.
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Year Group		AU1	AU2	SP1	SP2	SU1	SU2
9	Core Theme	Street Food and trends		The Industry - Hospitality and Catering		Pastries	
	Intent	To develop knowledge and understanding of why street food is trending in society and understand what defines a street food.		To develop a knowledge and understanding of the hospitality and catering.		To develop knowledge and practical skills of a wide range of pastries both sweet and savoury.	
	Unit of Work	<p>All students will learn about why street food is trending in the uk. They will learn about choices and availability of this style of food.</p> <p>Students will develop a depth of knowledge of dietary requirements and how street food offers flexibility to customers.</p> <p>Sustainability and economic advantages will be discuss and with the current affairs provided this will anble opportunities for students for debate the restaurant business and how street food has made it impact and why.</p>		<p><u>Hospitality and Catering</u></p> <p>Understand commercial and non commercial establishments.</p> <p>Job roles within the industry - Restaurant , hotels , airlines</p> <p>Presentation skills and technical skills used in industry.</p> <ul style="list-style-type: none"> ● knife skills ● deboning ● filleting ● preparation of meat ● technical skills 		<p><u>Technical Practical skills</u></p> <p>All students will learn about a range of different types of pastries. They will learn how to make them from staple ingredients. They will also learn how to implement them into completed dishes.</p> <p>Students will carry out practical work relating to pastries and produce a range of sweet and savoury pastries.</p> <ul style="list-style-type: none"> ● shortcrust pastry ● flaky pastry ● choux pastry ● Sweet shortcrust ● puff pastry 	
	<u>Practicals</u>	<ol style="list-style-type: none"> 1. Pancakes 2. Veggie tacos with feta cheese 3. Beef Burritos 		<ol style="list-style-type: none"> 1. presentation skills - garnishes 2. Deboning - honey chilli chicken - wings 3. breaded chicken goujons- breast 		<ol style="list-style-type: none"> 1. Chicken pie 2. Profiteroles 3. creme patissiere tarts 4. Apple turnovers 	

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		4. Dough balls	4. filleting fish- fish cakes 5. chocolate mousse	5. Sausage rolls
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