KS3 Food Studies Learning Journey

THE WINSFORD ACADEMY

YEAR 9

- Round up of this years learning
- End of year assessment
- Fairtrade chocolate and orange biscuits (most fairtrade cocoa comes from Africa)
- Texas Fajita practical
- End of term assessment
- Indian Samosa practical
- Food packaging and labelling
- Mexican Quesadilla practical
- Dietary needs of groups
- End of term assessment
- Christmas German Gingerbread practical
- Nutrition and multicultural food
- Italian meatballs in tomato sauce practical
- Vegetable stir fry practical/practicing vegetable cuts
- Spanish tortilla practical
- Dutch apple cake practical
- Food ethics
- Greek Moussaka practical
- Health and safety recap and introduction to multicultural food

YEAR 8

- End of year assessment
- Round up of this years learning
- Popolettes (Fried potato cakes)
- Sausage plait practical
- Ravioli practical
- Introduction to picnics and healthy eating
- End of term assessment
- Macaroni and cheese practical
- Scientific principals of food
- Spaghetti carbonara practical
- Torrijas practical (chocolate fried bread)
- Pasta investigation
- Diet related health issues
- Focaccia bread practical
- End of term assessment
- Christmas practical – novelty pizza
- Vegetable lasagne practical
- Stuffed pepper practical
- Health and safety recap. Introduction to the Mediterranean diet and its health benefits
- Ratatouille practical
- Sustainability (Fish/Farm)

YEAR 7

- Round up of this years learning
- Lemon drizzle cake practical
- Farm to fork
- Bridging the gap from KS2, introduction to the eatwell guide
- End of term assessment
- Risotto practical
- Food miles
- Vegetable soup practical, using the hob safely
- Breakfast muffin practical
- Flapjack practical, using the hob and the oven
- Coleslaw practical, using bridge and claw
- Introduction to seasonality
- End of term assessment
- Christmas biscuits practical, rubbed in cookies
- Cooking methods
- Health and safety in food
- Welcome