



Key Stage Three:

By the end of key stage 3, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study.

Pupils should be taught to	At St Gregory's Catholic High School, this is taught
Understand and apply the principles of nutrition and health	<p>During the Year 7 rotation pupils are introduced to the basics of nutrition, identification of nutritional groups the difference between macro & micronutrients and food sources.</p> <p>Pupils are introduced to the Eat well guide and the difference between food groups and nutritional groups, along with the healthy eating guidelines that accompany it.</p> <p>During the Year 8 rotation, pupils indirectly apply knowledge of nutrition when analysing products they have made recalling, and applying knowledge covered during Year 7.</p> <p>During the Year 9 rotation pupils look in more depth at nutrients, focus of the rotation is carbohydrates including simple & complex carbohydrates, fibre & water. Pupils have the opportunity to look in more depth at macro and micronutrients and the impact on health if a person eats accesses or has a deficiency.</p>
Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet	<p>Over the course of the KS3 curriculum pupils cook a range of dishes with a focus on practical skills development and knowledge of how to cook in a safe, health and cost-effective way so that they are able to feed themselves and others in the future.</p> <p>Over the course of KS3 pupils cook 60% savoury and 40% sweet –Year 7 57% savoury & 43% sweet. Year 8 50% savoury & 50 sweet and in Year 9 67% savoury 33% sweet.</p>
Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]	Throughout KS3 pupils are introduced to a range of techniques and equipment with the aim of pupils becoming independent and competent when making simple meals. During Year 7 the focus is handling food safely including safe chopping holds, safe handling and storage of a high-risk foods, safe use of the hob and oven and all in one method.

	<p>During Year 8 pupils focus on; cooking with high-risk foods, shaping and forming a dough; biscuit & pastry, strengthening knowledge of cutting methods, safe use of the oven & hob and safe working practices.</p> <p>In Year 9 we look at embedding knowledge of practical methods and extending skills, through shaping and forming a dough (bread & biscuit), the melting method, cooking with high-risk foods including coating and layering and combing the use of oven & hob.</p>
Understand the source, seasonality and characteristics of a broad range of ingredients	<p>The focus of the Year 8 rotation is food provenance, knowing where food / dishes come from, what has influenced food / diet and what staple ingredients are in the UK. Pupils consider the impact on the environment of foods / ingredients imported into the UK and how we can reduce food miles by eating more seasonal ingredients. Pupils will have the opportunity to consider the global impact of farming with a focus on Fairtrade. Finally, pupils will consider how ingredients are processed to make foods and will have the opportunity to carry out primary processing.</p>