



Food and Nutrition Overview – Key Stage 3

The Design and Technology curriculum has evolved into an engaging carousel system, meaning your child will study a range of stimulating subjects allowing them to experience and explore the breadth of contemporary Design and Technology. Depending on which class your child is in, will alter the order in which they move through the carousel. At some point in your child's Key Stage 3 journey, they will study:

<p>Topic(s)</p>	<p>Unit 1: Plant-Based Diets Unit 2: British Classics</p>
<p>Topic Objectives</p>	<p>Through a range of creative and practical activities, students explore the knowledge and skills required to prepare, cook and evaluate a variety of simple dishes. Students focus on the key principles of:</p> <ul style="list-style-type: none"> • Investigating • Designing • Making • Evaluating • Applying technical knowledge
<p>Acquired Knowledge/Skills</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Identify key health and safety rules in the food room, including correct hygiene routines • Understand the basics of nutrition and the importance of a balanced diet • Develop simple design ideas and adaptations for recipes • Use kitchen tools and equipment safely, including safe knife handling • Weigh and measure accurately using digital scales and measuring equipment • Prepare and cook a range of dishes using methods such as boiling, baking, sautéing and mixing • Follow a recipe step-by-step and work with increasing independence • Use sensory vocabulary to describe food quality and suggest improvements • Apply basic food presentation and finishing techniques • Complete a written evaluation reflecting on their practical outcomes
<p>Assessments</p>	<p>Students receive ongoing formative feedback ('pink pen points') during practical and written tasks. A final practical assessment allows students to demonstrate the skills and knowledge they have acquired across the unit.</p>
<p>Citizenship</p>	<p>KS3 Food & Nutrition provides a practical platform for students to develop essential life skills, healthy habits, and an awareness of food choices. Through hands-on learning and collaboration, the subject supports:</p>

PSHE Development:

Understanding hygiene, food safety, healthy eating, and responsible choices when handling food. Practical work builds independence, confidence and resilience.

Careers Education:

Introducing students to pathways in catering, hospitality, nutrition, food science and product development, while developing transferable skills such as organisation, precision and time management.

Fundamental British Values:

Following routines that promote safety, respecting equipment and shared spaces, collaborating with peers, and appreciating diverse dietary needs and cultural food traditions.

SMSC Development:

Exploring cultural influences on food, developing moral awareness around sustainability and waste, and fostering pride in creative outcomes through cooking.

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Topic(s)	Unit 1: Advanced Plant-Based Cooking Unit 2: British Classics – Extended Skills
Topic Objectives	<p>Students build on knowledge from Year 8 to develop stronger practical skills and a deeper understanding of nutrition. They work through the design process by:</p> <ul style="list-style-type: none"> • Investigating • Designing • Making • Evaluating • Applying technical knowledge
Acquired Knowledge/Skills	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Apply safe working practices confidently and independently • Demonstrate secure knife skills and accurate preparation techniques • Weigh, measure and portion ingredients with precision

	<ul style="list-style-type: none"> • Understand the nutritional value of different dishes and make healthier recipe adaptations • Prepare a wider range of dishes, including focaccia, pizza wheels, muffins and pastry-based products • Use kitchen equipment effectively, such as ovens, hobs and baking tools • Evaluate their dishes using structured criteria, suggesting improvements and alternatives • Apply simple food science principles (e.g., how ingredients change during cooking) • Work cooperatively during practical tasks, sharing equipment and time effectively
Assessments	<p>Students receive ongoing teacher feedback throughout the project.</p> <p>A final practical assessment and written evaluation demonstrate their technical skills and nutritional understanding.</p>
Citizenship	<p>KS3 Food & Nutrition provides a practical platform for students to develop essential life skills, independence, and healthy habits as they take on more complex cooking tasks. Through hands-on learning and collaboration, the subject supports:</p> <p>PSHE Development: Developing independence, hygiene routines, responsible food choices and awareness of health and wellbeing.</p> <p>Careers Education: Exploring opportunities in catering, hospitality, food manufacturing and product design while developing communication, teamwork and organisation.</p> <p>Fundamental British Values: Demonstrating respect for shared spaces, following safety rules, and appreciating cultural influences in food.</p> <p>SMSC Development: Reflecting on sustainability, ethical food choices and food waste, and developing creativity and cultural appreciation through cooking.</p>

