

Key Stage 3

Cooking and Nutrition

Year	Teaching block 1	Teaching block 2	Teaching block 3
7	Unit Title: Kitchen basics and Healthy Eating <ul style="list-style-type: none"> - Personal hygiene - Kitchen safety - Eatwell Guide - Nutritional analysis - Practical skills 	Unit Title: Nutrition, Health and Food Choices <ul style="list-style-type: none"> - Nutrients - Diet related diseases - Allergies and intolerances - Food choices - Practical skills 	Unit Title: Heat transfer and Food Provenance <ul style="list-style-type: none"> - Cooking methods - Food and the environment - Food provenance - Practical skills
8	Teaching block 4	Teaching block 5	Teaching block 6
	Unit Title: Macro and micro nutrients <ul style="list-style-type: none"> - Protein, carbohydrate and Fat - Vitamins and minerals - Practical skills 	Unit Title: Food safety <ul style="list-style-type: none"> - Nutrients - Diet related diseases - Allergies and intolerances - Food choices - Practical skills 	Unit Title: Food Science <ul style="list-style-type: none"> - Function of fats, proteins and carbohydrates - Experiment write up
9	Teaching block 7	Teaching block 8	
	Unit Title: British and International Cuisine <ul style="list-style-type: none"> - British Cuisine - International Cuisine - Practical skills - Presentation skills 	Unit Title: Meal planning <ul style="list-style-type: none"> - Nutritional needs at different life stages - Vegetarianism - Religious views - Practical skills 	Unit Title

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