



FOOD AND TEXTILES KS3 Curriculum

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p><u>Food – Food hygiene and safety</u></p> <ul style="list-style-type: none"> • Food safety and hygiene • Kitchen equipment • Knife safety • Food Science Investigation - Enzymic browning <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • <i>Crudités</i> • <i>Fruit salad</i> • <i>Cous cous salad</i> 	<p><u>Food</u></p> <ul style="list-style-type: none"> • How to use the cooker and heat transfer methods • Weighing and measuring • Food commodities: Fruit and vegetables; <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • <i>Pizza toast</i> • <i>Mini carrot cakes</i> • <i>Celebration cooking</i> 	<p><u>Food – Dairy Products/ Nutrition / Eatwell Guide</u></p> <ul style="list-style-type: none"> • Food commodities: Fruit & Vegetables; Dairy products • Nutrition • Eatwell Guide <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • <i>Shortbread</i> • <i>Scones</i> • <i>Cheese straws</i> 	<p><u>Food</u></p> <ul style="list-style-type: none"> • Food commodities: Dairy products <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • <i>Cheesecake</i> • <i>Own choice dish linked to a specific brief</i> • <i>Celebration cooking</i> 	<p><u>Textiles – Emoji cushion project</u></p> <ul style="list-style-type: none"> • Introduce design brief: <i>To design and make an emoji cushion using different decorative techniques</i> • Creative design ideas using research • Evaluation and analysis of ideas • Basic pattern drafting 	<p><u>Textiles</u></p> <ul style="list-style-type: none"> • Application of design onto fabric using appliqué and hand embroidery • Introduction to the sewing machine to construct the emoji cushion
Year 8	<p><u>Food – Carbohydrates and Cereals</u></p> <ul style="list-style-type: none"> • Food commodity – Cereals • Nutrients – Carbohydrates & Fibre • Food Science Investigation – How yeast works <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • <i>Pasta salad</i> 	<p><u>Food</u></p> <ul style="list-style-type: none"> • Investigating bread – sensory analysis • Investigating food labels <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • <i>Flapjacks</i> • <i>Jam tart</i> • <i>Celebration cooking</i> 	<p><u>Food – Proteins & Alternatives</u></p> <ul style="list-style-type: none"> • Food hygiene and safety focusing on food poisoning bacteria • Food commodity – Eggs and meat • Nutrition – Proteins and alternatives 	<p><u>Food</u></p> <ul style="list-style-type: none"> • Food commodity – Protein and alternatives • The role of meat in the diet <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • <i>Bolognese</i> 	<p><u>Textiles – Pencil case project</u></p> <ul style="list-style-type: none"> • Introduce design brief: <i>To design and make a pencil case using the sewing machine</i> • Creative design ideas using research 	<p><u>Textiles</u></p> <ul style="list-style-type: none"> • Application of design onto fabric using appliqué and hand embroidery • Confident use of sewing machine

	<ul style="list-style-type: none"> • Bread • Macaroni Cheese 		<i>Practical cooking:</i> <ul style="list-style-type: none"> • Quiche • Pineapple upside down cake • Stir fry 	<ul style="list-style-type: none"> • Own choice dish linked to a specific brief • Celebration cooking 	<ul style="list-style-type: none"> • Evaluation and analysis of ideas • Inserting a fastening • Decorative techniques 	<ul style="list-style-type: none"> to construct the pencil case • Completion of manufacture plan
Year 9	<p><u>Food - Fats</u></p> <ul style="list-style-type: none"> • Macronutrient – Fat • Food commodities – Fish & Meat • HACCP – Food hygiene and safety <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • Cheese puffs • Burgers • BBQ Chicken nachos 	<p><u>Food - Sugars</u></p> <ul style="list-style-type: none"> • Sugars • Food science investigation – Different types of sugars <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • Chicken goujons • Marble bars • Celebration cooking 	<p><u>Food – Current Climate</u></p> <ul style="list-style-type: none"> • Cultural foods • Budget cooking <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • Own choice dishes linked to the above themes 	<p><u>Food – Current - Climate</u></p> <ul style="list-style-type: none"> • Seasonal foods and food provenance • ‘Fake-aways’ <p><i>Practical cooking:</i></p> <ul style="list-style-type: none"> • Own choice dishes linked to the above themes 	<p><u>Textiles – Fabric Bag for Life project</u></p> <ul style="list-style-type: none"> • The impact of the textiles industry on the environment • Sustainability • Introduce design brief: <i>To design and make a fabric bag for life</i> • Creative design ideas using research • Construction • Evaluation and analysis of ideas techniques 	<p><u>Textiles</u></p> <ul style="list-style-type: none"> • Use of a heat press • Exploring different decorative techniques • Confident use of sewing machine to construct the bag
<p>Students will complete either food or textiles each term, not necessarily in the order shown above. For example, students in Year 9 may complete textiles in the Autumn term and then food in the Spring and Summer term.</p>						