



# The Warwick School



## Key Stage 3 Food subject skills and topics

This document outlines the topics and skills that Key Stage 3 students will study through Years 7-9, in Food. For a more detailed breakdown of subject criteria please refer to the KS3 progress grids on the website; <http://www.warwick.surrey.sch.uk/for-parents/key-stage-3-progress-grids/>

Curriculum year	Topics and/or skills studied
Year 7	<ul style="list-style-type: none"><li>• <u>Food and Cooking</u></li><li>• Kitchen safety</li><li>• Health and safety practices</li><li>• Food safety and hygiene</li><li>• Eatwell Guide</li><li>• 5 a day message</li><li>• Healthy eating</li><li>• Functions of nutrients</li><li>• Nutritional requirements</li><li>• Modifications of recipes</li><li>• Sensory Evaluation</li></ul>
Year 8	<ul style="list-style-type: none"><li>• Diet and health</li><li>• Kitchen safety</li><li>• Health and safety practices</li><li>• Food safety and hygiene</li><li>• Eatwell Guide</li><li>• Sources, types and functions of nutrients</li><li>• Hydration</li><li>• Energy needs</li><li>• Functions of ingredients</li><li>• Factors that affect food choice</li><li>• Healthier option meals</li><li>• Modifications of recipes</li><li>• Sensory Evaluation</li></ul>
Year 9	<ul style="list-style-type: none"><li>• The Eatwell Guide</li><li>• Diet through life</li><li>• Function of ingredients e.g. eggs, fat, flour</li><li>• Food commodities e.g. rice, pasta, fruit and vegetables</li><li>• Festival foods</li><li>• Chilled, ready meals</li><li>• Writing specifications</li><li>• Nutritional labelling</li></ul>