

KS3 Curriculum Map – Year 7 DT – Food Science (2025-26)

Design and Technology is taught in a termly rotation.

Food Science is also part of Design and Technology. Therefore, the order of delivery might be different

The scheme of work has been developed to enable pupils to acquire a range of food skills, increasing in complexity and accuracy, to cook a range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance.

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Food and Cooking		Food and Cooking		Year 7 Exam	Food and Cooking
Assessment	Health and Safety Name the correct safety rules for the kitchen. Complete the Knife Proficiency Test. Use hobs, ovens, and grills safely. Food Hygiene Define food hygiene. Causes food poisoning. Explain what cross-contamination is and how to prevent it. Nutrition: Name the five food groups in the Eatwell Guide. What does a balanced diet mean? How do each food group benefit the body?	Health and Safety Name the correct safety rules for the kitchen. Complete the Knife Proficiency Test. Use hobs, ovens, and grills safely. Food Hygiene Define food hygiene. Causes food poisoning. Explain what cross-contamination is and how to prevent it. Nutrition: Name the five food groups in the Eatwell Guide. What does a balanced diet mean? How do each food group benefit the body?	Health and Safety Name the correct safety rules for the kitchen. Complete the Knife Proficiency Test. Use hobs, ovens, and grills safely. Food Hygiene Define food hygiene. Causes food poisoning. Explain what cross-contamination is and how to prevent it. Nutrition: Name the five food groups in the Eatwell Guide. What does a balanced diet mean? How do each food group benefit the body?	Health and Safety Name the correct safety rules for the kitchen. Complete the Knife Proficiency Test. Use hobs, ovens, and grills safely. Food Hygiene Define food hygiene. Causes food poisoning. Explain what cross-contamination is and how to prevent it. Nutrition: Name the five food groups in the Eatwell Guide. What does a balanced diet mean? How do each food group benefit the body?		
Assessment objectives	• Knowledge of kitchen safety rules and general awareness • Understanding of hygiene principles, contamination, and storage • Awareness of nutrition, food groups, and healthy eating choices The final assessment grade is 50% exam or topic test and 50% the classwork (practical outcome and theory work)					

KS3 Curriculum Map – Year 8 DT – Food Science (2025-26)

Design and Technology is taught in a termly rotation.

Food Science is also part of Design and Technology. Therefore, the order of delivery might be different

The scheme of work has been developed to enable pupils to develop and demonstrate a range of food skills, increasing in complexity and accuracy, to cook a range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance. In addition, they will consider the factors that affect food choice, food availability and food waste.

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Diet and Health		Diet and Health		Diet and Health	
Assessment	Health and Safety List general safety rules, especially when using heat or sharp tools. Explain the H&S when using the hobs – for frying and boiling. What safety equipment should be available in a food room? Name and explain their purpose. How to Handle Hazards in the Kitchen. Food Hygiene Define the term <i>bacteria</i> and explain why it is important in food hygiene. List different ways to prevent cross-contamination when preparing different types of food. Name the correct food hygiene practices. What are the high-risk foods, and how to store them? Nutrition: What is a balanced diet, and why is it important for good health? Identify the five main food groups and provide an example of a food from each group. Discuss the health effects of consuming too much fat, sugar, and salt. Additionally, describe healthy food choices for teenagers.	Year 8 Exam	Health and Safety List general safety rules, especially when using heat or sharp tools. Explain the H&S when using the hobs – for frying and boiling. What safety equipment should be available in a food room? Name and explain their purpose. How to Handle Hazards in the Kitchen. Food Hygiene Define the term <i>bacteria</i> and explain why it is important in food hygiene. List different ways to prevent cross-contamination when preparing different types of food. Name the correct food hygiene practices. What are the high-risk foods, and how to store them? Nutrition: What is a balanced diet, and why is it important for good health? Identify the five main food groups and provide an example of a food from each group. Discuss the health effects of consuming too much fat, sugar, and salt. Additionally, describe healthy food choices for teenagers.	Health and Safety List general safety rules, especially when using heat or sharp tools. Explain the H&S when using the hobs – for frying and boiling. What safety equipment should be available in a food room? Name and explain their purpose. How to Handle Hazards in the Kitchen. Food Hygiene Define the term <i>bacteria</i> and explain why it is important in food hygiene. List different ways to prevent cross-contamination when preparing different types of food. Name the correct food hygiene practices. What are the high-risk foods, and how to store them? Nutrition: What is a balanced diet, and why is it important for good health? Identify the five main food groups and provide an example of a food from each group. Discuss the health effects of consuming too much fat, sugar, and salt. Additionally, describe healthy food choices for teenagers.		
Assessment objectives	• Knowledge of kitchen safety rules and awareness of handling hazards. • Understanding cross-contamination and its prevention to avoid food poisoning. • Awareness of nutrition, food groups, and healthy eating choices for teenagers. The final assessment grade is 50% exam or topic test and 50% the classwork (practical outcome and theory work)					

Food Science Curriculum Map 2025-2026

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Food Choice: - Factors that influence food choice - British and international cuisines - Sensory evaluation Practical Skills Roasted Mediterranean Vegetable Flan: - Pastries making – shortcrust pastry - Lining a flan tin/dish - Vegetable preparation/knife skills Fish Cakes: - Vegetable preparation/knife skills - Fish preparation/knife skills - Coating and shaping - Shaping		Food Safety: - Food spoilage and contamination - Principles of food safety Food Choice: - British and international cuisines - Sensory evaluation Practical Skills Victoria Sponge - All-in-one cake method - Batter making - Butter cream-making - Line a cake tin - Cake decoration Pasta with Chicken and Tomato Sauce: - Knife skills – vegetable preparation - Cooking pasta - Sauce making - reduction		Mock Exam	Nutritional needs and Health: - Making informed food choices for a varied and balanced diet - Energy needs - To carry out nutritional analysis - Diet, nutrition and health Cooking of Food and heat transfer: - Why food is cooked and how heat is transferred to food - Selecting appropriate cooking methods Practical Skills Soya Sauce Chicken with Rice - Portion a chicken - Sauce making - reduction - Cooking rice Cinnamon Roll: - Use of yeast - Kneading and shaping dough
Assessment	Theory: Students are given an end-of-chapter test after each chapter. Practical tasks: Students are assessed on their application of health, safety, and hygiene rules, organisation, time management, and presentation of the results.		Theory: Students are given an end-of-chapter test after each chapter. Practical tasks: Students are assessed through their applications of health and safety and hygiene rules, organisations, time management, and presentation of the results.			Theory: Students are given an end-of-chapter test after each chapter. Practical tasks: Students are assessed through their applications of health and safety and hygiene rules, organisations, time management, and presentation of the results.