The Turing School
Key Stage 3 Food and Nutrition
Learning Journey

Year 7

- GO TO FOOD FOR THE FIRST TIME
- LEARN ABOUT SAVOURY DISHES
- WHAT IS HEALTHY EATING
- USE DIFFERENT KNIFE SKILLS
- WHY ARE PEOPLE VEGETARIAN?
- MAKE A RANGE OF MEALS
- UNDERSTAND HOW FOOD IS PREPARED
- WHAT IS THE EAT WELL GUIDE
- LOOK AT HOW VEGETABLES ARE USED
- USE THE EAT WELL GUIDE TO MAKE HEALTHY MEALS
- HOW CAN I USE A KITCHEN?
- IDENTIFY FOOD HYGIENE IMPORTANCE
- LOOK AT HOW DOUGH IS USED
- CREATE DOUGH BASED FOODS

Year 8

- END OF YEAR COOKING TASK
- HOW CAN I EVALUATE USING DIFFERENT SENSES
- WHERE IS MY FOOD FROM?
- BAKING AND SHAPING PASTRIES
- SHAPING FOOD
- HOW DOES PRESENTATION IMPACT FOOD
- WHAT ARE NUTRIENTS
- WHAT ARE DIFFERENT DIETS
- HAVING A BALANCED DIET
- HOW CAN YOU BAKE DIFFERENT FOODS
- HOW DOES MY FOOD GET HERE
- SEASONAL FOODS
- FOOD FOOTPRINTS
- AERATION AND HOW ITS USED
- FOOD ETHICS
- MAKING CASSEROLE BASED DISHES
- USING A RANGE OF VITAMINS IN A DIET
- VITAMINS IN FOOD
- COOKING METHODS
- END OF YEAR COOKING TASK

Year 9

- PREPARE FOR START OF GCSE'S
- TECHNICAL COOKING METHODS AND SKILLS
- EMULSIFICATION
- COAGULATION
- ADVANCED COOKING METHODS
- QUALITY ASSURANCE
- END OF YEAR COOKING TASK