

## Key Stage Three Curriculum – Carre’s Grammar School – COOKERY – 2020/2021

Subject						
	Autumn 1	Autumn 2*	Spring 3*	Spring 4*	Summer 5*	Summer 6
<b>Nutrition and Healthy Eating</b>  <b>COOKERY</b>	Welcome to Carre’s Cookery: Why do we learn about Food?	Food Safety (i)  <b>Fruit and Vegetable Preparation:</b>  Recipes may include: <ul style="list-style-type: none"> <li>• Fruit salad</li> <li>• Layered salad</li> <li>• Fruit crumble</li> </ul> Healthy Eating Continued Vitamins and Minerals	Hob/oven safety.  <b>Baking Skills:</b>  Recipes may include: <ul style="list-style-type: none"> <li>• Flapjack</li> <li>• Rock cakes</li> <li>• Cheese scones</li> </ul> Healthy Eating Continued: Sugar in the diet	Food Safety (ii)  <b>International/cultural influences:</b>  Recipes may include: <ul style="list-style-type: none"> <li>• Bolognese sauce</li> <li>• Chili</li> <li>• Thai curry</li> </ul> Healthy Eating Continued: Reducing Fat	Planning and costing  <b>Cooking for independent living:</b>  Recipes may include: <ul style="list-style-type: none"> <li>• Fajitas</li> <li>• Pizza</li> <li>• Pasta Bake</li> </ul> Healthy Eating Continued: Reducing Salt	<i>Time reserved for PSHE/RSE</i>
	The Eatwell Guide					
	Hwk: Forms Quiz					
	Composite Meals and Carbohydrates Hwk: Understanding Sauces					
	Sauce Making Demo  Hwk: Sauces Quiz					
	Dairy and dairy alternatives (i) Hwk: Nutritional analysis					
	Dairy and dairy alternatives (ii) Hwk: Product Comparison					
	Proteins  Hwk: Product Research					
Factors which affect food choice Hwk: Using our senses						

*\*Subject to further revision re: practical food lessons during the COVID19 pandemic.*