

Key Stage 3 Food & Nutrition Curriculum Overview

Year Group	Lessons Per Week (half year)	Food and Nutrition
7	1	Hygiene, Health & Safety. Basic Equipment, Recipes and Weighing & Measuring. Practical Skills & Techniques including the Bridge Hold & Claw Grip. Eatwell Guide & Introduction to Nutrition. Food Provenance
8	1	Developing Skills & Knowledge in Health and Nutrition. Advertising, Packaging & Labelling. British & International Cuisine Practical Activities including Food Science Investigations.

Pupils undertake practical food preparation and cooking, food science investigative work, along with theory based learning to develop their knowledge and understanding food & nutrition.