



## Home Economics – KS3 Curriculum Summary (2023-2024)

Students do a 12 week rotation in each year group with DT. The schemes of work have been developed to instill a love of cooking in all pupils, to enable pupils to learn how to cook a range of dishes safely and hygienically and apply their knowledge of nutrition. In addition, they will be encouraged to consider consumer issues, food and its functions and new technologies/trends in food. By the end of Year 9 the expectation is they have learnt how to cook predominately savoury food, that they can feed themselves and others in their family affordably well.

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| Year 7 | <p><b>In Year 7 the aims are:</b></p> <p>Pupils will develop their knowledge and understanding of ingredients and healthy eating;</p> <p>Pupils will develop food preparation and cooking techniques;</p> <p>Pupils will be able to apply their knowledge to make informed choices;</p> <p>Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently;</p> <p>Pupils will build and apply a repertoire of knowledge, understanding and skills in order to design and make high quality products for a wide range of users;</p> <p>Pupils will evaluate and test their ideas and products and the work of others.</p> | Topics in Year 7 | <p>Introduce expectations of working safely in a Home Economics Room.</p> <p>Introduction to sensory words used in Food. Taste, smell, texture, sight.</p> <p>Nutrition knowledge Eatwell plate and Macro and Micro nutrients.</p> <p>Students learn cooking skills of</p> <p>Rubbing in – scones and crumble</p> <p>Knife and peeling skills – salad, bolognaise, apple crumble</p> <p>Meat cookery – Bolognaise and chicken Nuggets reinforcing food safety</p> <p>Sauce making – All in one sauce &amp; Custard; Macaroni cheese &amp; Trifle</p> <p>Cake making – creaming method, fairy cakes</p> <p>Cooking methods – boiling, frying, grilling, sautéing, baking, simmering</p> <p>Commodities- Use of dairy products – trifle</p> <p>Importance of breakfast, prepare a simple breakfast bar, reinforcement of Eatwell plate &amp; nutrition</p> <p>Food science - aeration, shortening, gelatinisation, oxidation, Maillard reaction</p> <p>Food safety, bacteria and food poisoning</p> |
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| Year 8 | <p><b>In Year 8 aims are:</b></p> <p>Pupils will deepen their knowledge and understanding of food and nutrition;</p> <p>Pupils will further develop food preparation and cooking techniques;</p> <p>Pupils will be able to apply their knowledge to make informed choices;</p> <p>Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently;</p> <p>Pupils will build and apply a repertoire of knowledge, understanding and skills in order to design and make high quality products for a wide range of users;</p> <p>Pupils will evaluate and test their ideas and products and the work of others.</p>  | Topics in Year 8 | <p>Links from last year</p> <p>Recall Nutrition knowledge from Yr7, Eatwell plate and government guidelines.</p> <p>Understand Energy needs and what happens if we have an energy imbalance Students design a pack lunch, prepare Muffins with vegetables.</p> <p>Build on previous cooking skills and develop independence, – knife skills, peeling food safety, students prepare savoury rice, curry, stir fry, multi-cultural food project.</p> <p>Meat cookery - Using &amp; handling raw meat, food safety in the kitchen, (colour coded boards, food storage etc.)</p> <p>Rubbing in pastry, Jam Tarts and rolling and shaping skills</p> <p>Bread making, shaping rolls</p> <p>Reinforcement of food science &amp; keywords Fermentation, use of raising agents, Maillard reaction, Shortening.</p> <p>Reinforcing safe use of hob &amp; equipment;</p> <p>Sustainability in food – issues in food waste and food transportation, Links to other topics, making good food choices, adapting recipes to make them healthier, discussing portion control, presentation, links with sensory analysis</p>   |
| Year 9 | <p><b>In Year 9 aims are:</b></p> <p>Pupils will extend their knowledge and understanding of food, diet and health;</p> <p>Pupils will extend food preparation and cooking techniques;</p> <p>Pupils will extend their knowledge of consumer food and drink choice;</p> <p>Pupils will be able to apply their knowledge to make informed choices;</p> <p>Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently;</p> <p>Pupils will build and apply a repertoire of knowledge, understanding and skills in order to design and make high quality products for a wide range of users;</p> <p>Pupils will evaluate and test their ideas and products and the work of others.</p> | Topics in Year 9 | <p>Expectation of confidence in some cooking skills especially using a knife correctly and when using the hob and oven. Be able to recall knowledge on following correct hygiene and safety rules when working with food.</p> <p>Deepening and expanding nutrition knowledge by looking at consumer choices through Food labels, packaging and convenience food products on the market and to help make informed choices when choosing food products. Consolidating nutrition knowledge by looking at nutrition in more detail, symptoms of deficiencies and excesses of micro and macro nutrients.</p> <p>Cooking skills and techniques are revisited</p> <p>Students build on sauce making skills by preparing a roux sauce, and prepare a pasta bake.</p> <p>Students develop bread skills and make a rich yeast dough, plaiting and shaping the bread.</p> <p>Pastry making, challenging students to roll, shape and line a flan dish. Students prepare Quiche. Rolling and shaping pastry to prepare sausage rolls.</p> <p>Food Science - coagulation &amp; glazing of eggs, shortening in pastry, Maillard reaction when cooking meat. Aeration in cake making, gelatinisation pasta bake &amp; sweet and sour, fermentation in bread making.</p> <p>Students get opportunities to make their own choices of dishes and work independently following their own recipe and plan</p> |