

St Thomas More RC College Curriculum Topic Overview commencing September 2020

Subject- Food KS3

Week	KS3 Food Remote Learning
1	Food safety- 4cs
2	Healthy lifestyle- 8 Tips/ The Eatwell Guide
3	Macronutrient- Fat, carbs and Protein
4	Micronutrients- Vitamins and Minerals
5	Fibre- Digestion
6	Energy Balance
7	Nutritional needs throughout life
8	Special diets- Vegetarian/ Vegan
9	Hydration/ Sugar Tax
10	Food labelling
11	Seasonality
12	Food provenance- Food miles

St Thomas More RC College Curriculum Topic Overview commencing September 2020

Subject- Food KS4

Week	KS4 Food Remote Learning
	6. The effect of cooking on food
1	Cooking methods
2	Positive use of micro-organisms
3	Working characteristics, functional and chemical properties of ingredients
4	Why some recipes fail
	7. Food spoilage
5	Food storage
6	Food spoilage
7	The role of temperature, time, pH and moisture in the control of bacteria
8	Bacterial cross-contamination/ preservation
9	Food poisoning
10	Food wastage
	8. Food provenance
11	Food origins
12	Food miles
13	Food packaging
14	Sustainability and food wastage
15	Food security