

Food KS3 & ASDAN KS4- Long Term Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS3	Safety and hygiene in the kitchen Use of equipment Healthy eating Basic practical skills	Healthy eating Nutrition- Proteins Carbohydrates- starchy foods	Carbohydrates Bread making Health eating Basic practical skills	Sugars and fats Fibres Healthy eating Recipe adaptation.	Protein Foods Recipe adaptation Basic practical	Vitamins and Minerals Fruits and Vegetables Summer salads.
KS4 YR 10	ASDAN Core Modules (10HRS each module = 1 credit)			ASDAN Supplementary Modules (10HRS each module = 1 credit)		
	MODULE 1 : Healthy eating MODULE 2 : Basic Food Safety MODULE 3 : Food preparation and Presentation MODULE 4 : Cooking on a Budget			MODULE 5 : Entertaining MODULE 6 : The Food industry MODULE 7 : Practical Cooking Skills		