Curriculum Progression: KS3

Year 7:

Students develop a foundational understanding of food, nutrition, and kitchen safety. They learn basic practical skills, such as preparing simple dishes, and begin to explore how food choices affect health. The focus is on building confidence, understanding hygiene, and making informed decisions about everyday eating.

Year 8:

Students build on their Year 7 knowledge by exploring cultural influences on food, advanced nutrition concepts, and more complex cooking techniques. They begin to adapt recipes for different dietary needs and make connections between lifestyle, culture, and nutrition. Practical lessons reinforce understanding while promoting creativity, teamwork, and independence in the kitchen.

Year 9:

Students' progress to professional-level skills, applying knowledge in global cuisine, event planning, and complex recipes. They develop project-based learning through challenges like the Afternoon Tea Event, combining practical skills with research, analysis, and time management. By the end of the year, students can independently plan, prepare, and present sophisticated dishes with consideration of cultural, ethical, and environmental factors.