

St Thomas's Centre
KS3 Food and Nutrition Long Term Plan



	Autumn term		Spring Term		Summer Term	
Theory	Introduction into Food and Nutrition		Nutrition and Healthy Eating		Food Shopping and Preparation	
	<ul style="list-style-type: none"> Health and safety Hygiene Bacteria Allergies 	<ul style="list-style-type: none"> Measuring and weighing Cooking verbs/skills Storing food 	<ul style="list-style-type: none"> Food types Healthy and Unhealthy foods Eatwell plates 	<ul style="list-style-type: none"> Types of Nutrients Energy in food Labels and Nutritional Value 	<ul style="list-style-type: none"> Staple foods Shopping on a budget Meal planning/ designing your own meal 	<ul style="list-style-type: none"> Seasonal Fruit and vegetables Local food Food miles
	<ol style="list-style-type: none"> Shortbread Buttons Pasta Salad Wholemeal Muffins Rice Salad Flapjacks Sausage Rolls Sunny Carrot Cake Fajitas 	<ol style="list-style-type: none"> Fruit Crumble Pizza Carrot Cake Cereal Bar Turkey Burgers Scones 	<ol style="list-style-type: none"> Butterfly Cakes Chicken & Coleslaw Drizzle Banana Cake Cheese Pasty Biscuits Toad in The Hole Cheesecake 	<ol style="list-style-type: none"> Blueberry & Coconut Pudding Chicken Curry American Pancakes Cheese & Potato Pie Chocolate Fudge Cupcakes 	<ol style="list-style-type: none"> Fruit Smoothie Pops Chicken Noodles Angel Cake Pizza Puff Pinwheels Profiteroles 	<ol style="list-style-type: none"> Peach and Strawberry Trifle Chicken and Mushroom Omelette and Baked Chips Jam and Cream Vol Au Vents Tuna and Sweetcorn Pasta Bake Raspberry Buns Spaghetti Bolognese
Practical						