

KS3 Progression Map			
	Building Practical Foundations	Developing Practical Competence	Working Independently
Strand	Year 7	Year 8	Year 9
Progression Statement	Learn the fundamental practical skills needed to cook safely and confidently.	Apply a wider range of practical skills to produce increasingly challenging dishes.	Apply and refine practical skills by working confidently, making informed decisions and evaluating practical outcomes.
1. Practical Skills & Independence	Pupils will: <ul style="list-style-type: none"> Prepare their workstation and equipment ready for practical work. Select and use common kitchen equipment safely and correctly. Demonstrate basic knife skills, including peeling, slicing and chopping. Measure and weigh ingredients accurately. Follow a simple recipe in the correct sequence with teacher guidance. Use basic cooking methods, including the hob, grill and oven. Produce simple dishes using a range of ingredients. Develop good organisation and time management during practical work. Maintain a clean and organised workspace throughout cooking. Evaluate finished dishes using simple sensory vocabulary against given success criteria. 	Pupils will: <ul style="list-style-type: none"> Select appropriate equipment and preparation techniques for different ingredients. Prepare a wider variety of ingredients accurately and efficiently. Demonstrate greater precision in knife skills and food preparation. Produce dishes requiring multiple preparation and cooking stages. Apply a wider range of cooking methods confidently. Organise ingredients, equipment and workflow with increasing independence. Manage time effectively to complete practical work successfully. Demonstrate increasing confidence when preparing more challenging dishes. Evaluate practical outcomes using appropriate food technology vocabulary against success criteria. Identify realistic improvements based on evaluation and evidence from practical outcomes. 	Pupils will: <ul style="list-style-type: none"> Organise ingredients, equipment and workflow independently before practical work. Select appropriate preparation and cooking techniques from those previously taught. Produce increasingly complex dishes by following recipes with confidence. Manage several practical tasks simultaneously. Demonstrate accuracy, precision and consistency throughout practical work. Make informed adjustments to practical techniques when appropriate. Present finished dishes appropriately for the intended purpose. Evaluate practical outcomes using appropriate food technology vocabulary against success criteria. Justify improvements using evidence from practical outcomes and previous learning.
Progression Statement	Learn safe routines and understand the principles of food hygiene and the 4Cs.	Apply food safety confidently across a wider range of practical activities and ingredients.	Manage food safety independently by recognising hazards, reducing risks and considering allergens throughout practical work.
2. Food Safety & Hygiene	Pupils will: <ul style="list-style-type: none"> Demonstrate good personal hygiene, including effective handwashing and appropriate clothing. Understand and apply the 4Cs. Recognise common food hazards. Explain how bacteria can spread. Understand the importance of correct food storage. Clean and sanitise equipment correctly. 	Pupils will: <ul style="list-style-type: none"> Apply the 4Cs confidently in increasingly complex practicals Demonstrate safe handling and storage of high-risk foods (e.g. poultry, eggs and dairy products). Explain <i>why</i> specific controls reduce risk Identify cross-contamination risks in different 	Pupils will: <ul style="list-style-type: none"> Maintain high standards of food safety and hygiene independently throughout practical work. Assess and minimise food safety risks, explaining decisions using practical evidence and prior knowledge. Organise ingredients, equipment and workflow

	<ul style="list-style-type: none"> Recognise common allergens and the importance of avoiding cross-contamination. 	scenarios	<p>independently before practical work.</p> <ul style="list-style-type: none"> Select appropriate preparation and cooking techniques from those previously taught. Produce increasingly complex dishes by following recipes with confidence. Manage several practical tasks simultaneously. Demonstrate accuracy, precision and consistency throughout practical work. Make informed adjustments to practical techniques when appropriate. Present finished dishes appropriately. Evaluate practical outcomes critically using subject-specific vocabulary. Justify improvements based on practical experience and previous learning.
Progression Statement	Observe how ingredients and cooking methods change food.	Explain how cooking processes influence the structure, texture and quality of food.	Apply food science knowledge to predict, evaluate and improve practical outcomes.
3. Food Science	<p>Pupils will:</p> <ul style="list-style-type: none"> Recognise why food is cooked. Describe how cooking changes the appearance, texture and flavour of food. Identify simple cooking methods and when they are used. Recognise the difference between raw and cooked foods. Describe food using basic sensory vocabulary. Recognise that ingredients perform different functions within recipes. Reflect on practical outcomes and identify simple improvements. 	<p>Pupils will:</p> <ul style="list-style-type: none"> Explain how heat is transferred during cooking. Compare dry, moist and frying cooking methods. Explain how gelatinisation thickens sauces. Describe how cooking methods influence texture, flavour and appearance. Explain how ingredient choice affects the final product. Use structured sensory analysis to evaluate practical outcomes against defined criteria. Explain how selecting appropriate cooking methods improves the quality of dishes. 	<p>Pupils will:</p> <ul style="list-style-type: none"> Explain how fermentation contributes to the structure, texture and flavour of bread. Explain how ingredient functionality influences successful practical outcomes. Predict how changing ingredients, quantities or cooking methods affects the final product. Apply food science knowledge to improve the quality of finished dishes. Evaluate practical outcomes using scientific vocabulary and evidence from results. Justify practical improvements using food science principles and observed outcomes.
Progression Statement	Recognise the principles of healthy eating and balanced diets.	Understand how nutrients support health and influence food choices	Apply nutritional knowledge to evaluate, compare and adapt meals for different needs.
4. Nutrition & Health	<p>Pupils will:</p> <ul style="list-style-type: none"> Recognise the food groups within the Eatwell Guide. Explain what makes a balanced meal. Understand the importance of hydration for good health. Recognise healthier and less healthy food choices. Identify why some people follow different diets because of religion, culture or health. Recognise the difference between food allergies and intolerances. 	<p>Pupils will:</p> <ul style="list-style-type: none"> Explain the functions of carbohydrates, protein and fat. Describe the role of vitamins, minerals and fibre in maintaining health. Explain how cooking methods can influence nutritional value. Explain how nutritional needs change throughout life. Describe the causes and consequences of malnutrition. 	<p>Pupils will:</p> <ul style="list-style-type: none"> Analyse food labels and nutritional information. Compare and evaluate meals using nutritional evidence against current healthy eating guidelines. Explain how dietary needs vary depending on age, lifestyle and health. Adapt recipes to meet different dietary requirements. Explain the purpose of fortified and functional foods. Justify healthier food choices using nutritional

	<ul style="list-style-type: none">▪ Understand that healthy eating supports long-term wellbeing.	<ul style="list-style-type: none">▪ Apply nutritional knowledge when comparing meals.▪ Suggest simple adaptations to improve the nutritional value of recipes.	<p>knowledge.</p> <ul style="list-style-type: none">▪ Evaluate meals against nutritional guidelines and suggest evidence-based improvements.
Progression Statement	Recognise where food comes from and the factors that influence food choices.	Understand how food systems and external factors influence food choice and availability	Analyse and evaluate food systems and their global impact
5. Food Systems & Sustainability	<p>Pupils will:</p> <ul style="list-style-type: none">▪ Identify foods that come from plant and animal sources.▪ Recognise foods that are grown and produced in the UK.▪ Explain what seasonality means.▪ Describe the importance of farming and food production.▪ Recognise that religion and culture influence food choices.▪ Explain what food waste is and why reducing it is important.▪ Use food labels to identify information about food origin and storage.	<p>Pupils will:</p> <ul style="list-style-type: none">▪ Explain how environmental factors influence food production.▪ Describe how food supply chains connect producers and consumers.▪ Explain how culture and lifestyle influence food choices.▪ Describe how sustainability affects food production.▪ Explain how technological developments have changed food production.▪ Explore how migration has influenced food culture.▪ Explain the importance of Fairtrade and reducing food waste.	<p>Pupils will:</p> <ul style="list-style-type: none">▪ Explain how staple foods shape diets around the world.▪ Analyse how food systems influence food availability and consumer choice.▪ Evaluate the causes and impacts of food insecurity.▪ Explain how innovation may influence the future of food.▪ Evaluate the environmental, ethical and economic impact of food choices.▪ Justify sustainable food choices using evidence and defined criteria.▪ Evaluate the impact of food choices on individuals, communities and the wider environment.