



Design & Technology

Food

KS3
Curriculum Details

Year 7

	Content	Homework	Parent / Carer Support
Safety and basic skills	Safety, hygiene and food spoilage, Eat Well guide Healthy eating guidelines. Dietary fibre. Fruit/vegetables. Seasons and organic methods. Function of ingredients. Equipment and following recipes. Weighing and measuring. Knife skills, basic food preparation techniques.	Identification of kitchen equipment. Application of food hygiene. Extended writing on dietary guidelines.	Helping them to access and complete homework. Overseeing accurate weighing and measuring whilst encouraging independence. Practice similar dishes at home to ones cooked at school.
Assessment	Design and make a pizza of their choice, plan the production and evaluate the final product. 30 minute written exam.	Pizza research including ingredients, recipes and user preferences. Revision	Offer responses to a survey. Taste testing. Support with revision.

Study Guides, Resources & Extra Support

Recipe Book on Show my homework – a good idea to download and save this.

Use of computers to complete homework. By arrangement with teacher.

Year 8

	Content	Homework	Parent / Carer Support
Healthy Eating	Eat well guide in detail. Balanced diets. Carbohydrates and fats. Protein. Vitamins and minerals. Staple foods & cereals. Special dietary needs. Scientific changes in food and uses of eggs. Further development of practical skills and use of electrical equipment.	Application of nutrients.	Helping them to access and complete homework. Overseeing accurate weighing and measuring whilst encouraging independence. Practice similar dishes at home to ones cooked at school.
Assessment	Research, plan and make a pasta dish and use charts and star profiles to evaluate. 30 minute written exam.	Research pasta and recipes. Revision	Support in sourcing appropriate recipes. Taste testing. Support with revision

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Year 9

	Content	Homework	Parent / Carer Support
Meal planning	<p>Nutrition through life stages Lifestyle & food choice Food production, provenance, processing & preservation: Organic, Fairtrade, Free range and intensive farming. Dairy foods Meat and alternatives</p>	<p>Multicultural dishes and impact of religion on food choice. Application of knowledge to cooking methods and choice of ingredients.</p>	<p>Helping them to carry out homework. Supporting them to weigh and measure ingredients accurately. Practise similar dishes at home to ones cooked at school.</p> <p>Help finding recipes for assessment cook. Taste testing fruit and vegetables. Help with revision.</p>
Assessment	<p>Design and make and justify a main course dish for a chosen Life stage or Lifestyle Use software to analyse nutritional content of the dish in relation to user needs.</p> <p>30 minute written exam.</p>	<p>Recipe research.</p> <p>Revision.</p>	

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