



| Subject | Year | Specialism |
|--|---|---|
| Design and Technology | Year 7 | Food and Nutrition |
| Project | | |
| Food and Nutrition – Y7-Introduction to food | | |
| Content (Intent) | | |
| <p>Prior Learning: Y7 D&T and KS2 D&T Curriculum</p> | | |
| <p>Year 7 D&T is focused around skill building. During this unit of work pupils will through making, learn how to make a variety of products, developing their skills and knowledge. This unit will also include Healthy Eating and look at ways to eat healthily throughout the day. Nutrition will focus on The Eatwell guide, especially 5 a day and Vitamin C.</p> | | |
| <p>Future Learning – Year 8 food units</p> | | |
| <p>How will knowledge and skills be taught (Implementation)</p> | | <p>How will your understanding be assessed & recorded (Impact)</p> |
| <p>How to</p> <ul style="list-style-type: none"> • cut foods safely using bridge and claw grip • Accurately weigh and measure • Use the kettle, hob, oven and grill safely • Combine and mix ingredients • Peel, chop, grate • Boil and simmer – heat control • Drain • Use rubbing in technique • Form a dough • Roll out • Knead a yeast base dough • Divide and shape • Assemble and layer <p>• Health and safety</p> <p>• Eatwell guide and 8 tips for Healthy living</p> <p>• Food waste, sustainability and food provenance</p> <p>These skills will be taught and developed through making the following products</p> <ul style="list-style-type: none"> • Fruit salad • Couscous salad • Pasta salad • Pizza toasts • Flapjacks • Fruit crumble • Muffins – sweet or savoury • Scones • Pizza | | <p>Assessment</p> <p>Each project is individually assessed through teacher assessment and the final end of year progress and effort grades are based on all work completed <i>in Y7 D&T</i>.</p> <p>Key project work will be used to build up a clear picture of student effort and progress. All homework will be given a progress and effort grade.</p> <p>Main areas of assessment:</p> <p>Practical work and skill development Quality of finish on final product Booklet</p> |
| How can parents help at home? | | |
| <p>Students will complete their work and homework in a project booklet. It would be great if you could talk this through with your child to help them and ensure tasks are complete. In addition, it would be good if you could look at the vast resources on our Food and Nutrition VLE pages and to provide them with ingredients for practical work (all dates are published at the beginning of each rotation to help with planning)</p> | | |
| Helpful further reading/discussion (including Reading and Vocabulary Lists) | | |
| <p>Reading</p> <p>https://balcarras.fireflycloud.net/dandt-food-and-nutrition/year-7-food</p> <p>https://www.foodafactoflife.org.uk/</p> | <p>Vocabulary</p> <p>Nutrient – diet – balance</p> <p>Names of equipment</p> <p>Enzymatic browning</p> <p>Boiling and simmering</p> <p>Kneading</p> <p>Bridge and claw</p> | <p>Careers Links</p> <p>Find out about all aspects of food careers -</p> <p>https://tastycareers.org.uk</p> <p>https://www.foodafactoflife.org.uk/whole-school/careers-in-food/</p> |