

Subject: Food Preparation and Nutrition

Year 7

One term per year. Design Technology is studied in the other two terms.

Term 1, 2 or 3

Food – Healthy Eating

Students are introduced to the food room and develop practical skills including different knife grips, all in one method, rubbing in and kneading. Basics of nutrition are also introduced including the Eatwell Guide and macronutrients.

Homework to consolidate classroom learning is attached to the unit.

Assessment: Evaluation, making and a written test

Year 8

One term per year. Design Technology is studied in the other two terms.

Term 1, 2 or 3

Food – Food safety

Students develop their skills in the kitchen and start to modify their own recipes to suit their own personal tastes. Students build on the nutritional knowledge that they learnt in Year 7. Students start to look at food safety and food poisoning and the importance of this in food preparation. Food science experiments on the function of carbohydrates will also be studied.

Homework to consolidate classroom learning is attached to the unit.

Assessment: Food science experiment, evaluation and a written test

Year 9

One term per year. Design Technology is studied in the other two terms.

Term 1, 2 or 3

Food – Food choices

Students further develop their independent skills in the kitchen. They look at planning meals for different groups and also about food and different religious beliefs. Students will look in detail at both the function and nutritional content of protein in detail.

Homework to consolidate classroom learning is attached to the unit.

Assessment:

Planning, making and a written test