

Curriculum Overview for Food Technology – Year 7

When?	What?	Why?	How?	Support
<p>Year 7 students will have one Food Technology lesson per fortnight. They will make a range of both sweet and savoury dishes. This will teach students a variety of food preparation and cooking techniques.</p> <p>Before practical work starts, food safety and accident prevention are introduced to prepare students for practical work.</p>	<p>Dishes may include:</p> <ul style="list-style-type: none"> • Fruit salad • Happy carrot salad • Stewed apples • Potato wedges • Savoury pinwheels • Sponge cakes • Stir fry • Chilli con carne <p>The stir fry practical is an Assessment for Learning task for which students must create their own design specification.</p> <p>Introduction to nutrition and healthy eating.</p> <p>Evaluation techniques including star profiles and modification ideas.</p>	<p>To build up confidence in a range of basic food preparation skills.</p> <p>To enable students to work in a safe and hygienic manner</p> <p>To be able to modify a basic recipe to improve skill level, and to make it more original.</p> <p>To understand the relationship between diet and health.</p> <p>To allow students to choose appropriate describing words.</p>	<p>Students are issued with ingredient lists for all practical work at the start of the module. These are also put on Class Charts.</p> <p>Through individual and group practical work.</p> <p>Teachers demonstrate how to make all of the dishes.</p> <p>Students will complete written tasks in their workbooks as well as completing the practical work.</p> <p>Key knowledge sheets will contain all the required learning. Students will complete homework tasks based on these sheets and will be assessed on their knowledge of them.</p> <p>By tasting and testing food samples, and dishes made in class.</p>	<ul style="list-style-type: none"> • http://www.bbc.co.uk/food/recipes • http://www.nhs.uk/livewell/5aday • http://www.food.gov.uk/ • http://www.nutrition.org.uk/ <p>Homework tasks will be available on Class Charts.</p> <p>Ingredient lists for all dishes are given to students in the first lesson and are also posted on Class Charts.</p>