Bishop Heber High School

Subject	Year	Term
Design and Technology	7	3

Topic

Food and Nutrition

Content (Intent)

Prior Learning (Topic) Design and Technology

During the course of Year 7, students will have the opportunity to study a range of topics.
Health and Safety, Healthy Eating and food choices. The students learn the basics regarding nutrition, digestion and dietary requirements. They will also reflect on their own diets and gain an understanding of what the daily recommendations are regarding salts, sugar and fats. They will also explore what constitutes a healthy lifestyle with the aim of establishing lifelong healthy practises.
Students will make Fruit Salad, Pasta Salad, Apple Crumble, Savoury Scones, Pinwheel Pizza, Jam Tarts, Fruity Muffins and Bread Dough Pizza.

Future Learning (Topic) Year 8 Food Preparation and Nutrition

What Knowledge and Skills will be taught (Implementation)

This module focuses on Diet, safety, hygiene and organisation within the contexts of the home and school. Students have the opportunity to:

- Recognise the causes of accidents in the above contexts
- Take steps to minimise accident risks
- Recognise and apply hygiene rules
- Develop sound working practices to aid organisational skills
- Carry out a simple evaluation of their work
- Focused tasks are used to achieve the above along with practical sessions, e.g. making pasta salad, vegetable soup and bread.

How will your understanding be assessed & recorded (Impact)

Assessment
Throughout the unit students will be introduced to the sub-skills of cooking, which they will employ to make a variety of dishes. Each unit is individually assessed through teacher assessment and the final end of year level and report is based on all work complete

Main areas of assessment –

Preparation
Adapting recipes
Making
Evaluating
Subject knowledge and understanding.

End of year exam

How can parents help at home?

Students will be given a homework booklet that they need to complete once a week.
Help them prepare ingredients for practical lessons - all information for ingredients will be on INSIGHT 4 days before the practical.

Helpful further reading/discussion (including Reading and Vocabulary Lists)

Reading

www.foodafactoflife.co.uk
www.nhs.uk/change4life/

Vocabulary Lists

Eat Well Guide
Carbohydrates
Fats
Sugars
Vegetables
Fruit
Protein
Dairy