

Title **Cooking and Nutrition - DT rotation**

For more information, please consult: S Shaw

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Learning Aims / Learning Objectives:--

YEAR 7

- Pupils will develop their knowledge and understanding of ingredients and healthy eating;
- Pupils will develop food preparation and cooking techniques; mainly using Fruit and Vegetables.
- Pupils will be able to apply their knowledge to make informed choices;
- Pupils will be able to recall and apply the principles of food safety and hygiene;
- Pupils will develop learn how to use the hob, grill and oven;
- Pupils will develop knife skills; bridge and claw method;
- Pupils will evaluate and test their ideas and products and the work of others.

Year 8

- Pupils will deepen their knowledge and understanding of food and nutrition;
- Pupils will further develop food preparation and cooking techniques;
- Name the main nutrients, sources and functions;
- Demonstrate a wider range of food preparation and cooking techniques;
- Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of more complex dishes;
- Be given opportunities to demonstrate and apply their knowledge and understanding of food science;
- Be given regular opportunities to consolidate their literacy and numeracy skills by using them purposefully in order to learn.
- Pupils will evaluate and test their ideas and products and the work of others.
- Apply the principles of food safety and hygiene;

What will I be learning and progressing to each year?

Year	Key Knowledge	Key Skills	Key Vocabulary
7	Healthy Eating / Eatwell Guide Hygiene and safety Correct use of a knife for fruits and vegetables Correct use of the cooker Descriptive word to evaluate food products	Numeracy –weigh and measure Literacy – Key words Knife skills	Healthy, Hygiene, Safety, Name of fruits and vegetables Descriptive words for food products
	Link to knowledge organiser here Food a Fact of life. British Nutrition Foundation	Link to homework here Giles app	Link to full Y7 vocabulary here BNF. Food a fact of life.
The content of your curriculum in this academic year for your subject Practical products: - Vegetable Cous Cous, Fresh Fruit Salad, Ratatouille, Pizza Toast, Fruit Muffins, Fruit Cobbler. Theory: - related to practical products and relevant health, hygiene and safety.			
Year	Key Knowledge	Key Skills	Key Vocabulary
8	Deepen knowledge of Health and Nutrition, Hygiene and Safety.	Numeracy –weigh, measure and divide accurately Literacy – Key words	Healthy, Hygiene, Safety, Name of ingredients used, some science terms e.g. use of yeast.

Learn more complex skills e.g. sauce making, using pastry, bread making (use of yeast), Burgers (shaping, use of raw meat), Cooking Rice and Pasta) etc	Knife skills. Practical skills and techniques	Descriptive words for food products.
Link to knowledge organiser here Food a Fact of life. British Nutrition Foundation	Link to homework here Giles app	Link to full Y8 vocabulary here BNF. Food a fact of life.
The content of your curriculum in this academic year for your subject Practical products: - Mini Carrot cakes, Macaroni Cheese, Cheese Tomato and Basil Tart, Savoury Rice, Pizza, Sweet and Sour Chicken/Spaghetti Bolognese. Theory: - related to practical products. Relevant health, hygiene and safety.		

How will my work be assessed? / assessment components / frequency / term

Y7	All practical products marked (organisation, process, equipment, finished product, clearing up etc) All worksheets marked. Final assessment practical – Muffins. Completed folder assessed for final grade at end of rotation.
Y8	All practical products marked (organisation, process, equipment, finished product, clearing up etc) All worksheets marked. Final assessment practical – Basic and developed Pizza. Completed folder assessed for final grade at end of rotation.

Extra-curriculum activities / Trips / Community cohesion / Events participation

What qualifications and career paths this subject will enable me to access in KS4? KS4 option subjects / Career Paths

GCSE Food Preparation and Nutrition. Chef, Dietician, Teacher, sports nutritionist, consumer research, analyst, product development.

How parents or other members of the public can find out more about the curriculum your subject is following

Food a Fact of Life. AQA. British Nutrition Foundation



• Image

YEAR 7



YEAR 8