

KS3 - Design and Technology Food

Overview

Cooking and Nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and later in life.

Year 7 Content

Design for yourself (A range of snacks)

- Focused practical tasks to teach practical skills
- Personal and kitchen hygiene
- Use of utensils and equipment
- Nutrition and health
- Classification of fruit and vegetable
- Sensory evaluation

Year 8 Content

Designing for a client (Bakery products)

- Focused practical tasks to develop practical skills
- Personal and kitchen hygiene
- Safe food preparation
- Nutrition and different dietary needs
- Functions of ingredients
- Use of utensils and electrical equipment
- Adapting and using recipes
- Sensory evaluation

Year 9 Content

Deliver life cooking skills predominately savoury dishes

- Focused practical tasks to develop life cooking skills (Different cooking methods)
- Personal, kitchen and food safety
- Presentation of food
- Principles of nutrition and health
- Use of utensils and electrical equipment
- Adapting recipes and cooking within an hour
- Sensory evaluation

Assessment

Students have continued assessment for all practicals and a final grade is after completion of the rotation

Enrichment

Extra-curricular opportunities, trips