

# Year 7 - Design and Technology

## Term 2-6 - *Introduction to Food*



Students are learning about..... at this point in Year 7 because...

Students will need to experience a Food-based project and start to develop their food practical and evaluation skills.

**Previous topic:** Core Skills

**Next topic:** Further DT rotation in either CAD, Textiles or Product Design

### **Core knowledge/skills/concepts**

This project reflects the core food competencies compiled by the British Nutrition Foundation and Public Health England which aim to help children and young people to develop the skills and knowledge to make and implement healthy food choices. The core competencies are based around the themes of Diet (food and drink), Consumer Awareness, Cooking (food preparation and handling skills), Food Safety and Active Lifestyles. In Introduction to Food, students will learn about the basic principles of food and a healthy diet. They will learn this through a series of practical tasks, where they will cook dishes such as:

- Croque Monsieur
- Flapjack Slices
- Bolognese Sauce
- Bread Rolls

We will also discuss topics including how to weigh and measure correctly, healthy eating, nutrition, bacteria and food safety.

# Year 7 - Design and Technology

## Term 1 - Introduction to Food



### Essential vocabulary

- Diet, Nutrition
- Fat, Protein, Vitamins, Minerals, Carbohydrates
- Bacteria, Cross Contamination
- Frying, Baking, Boiling and Simmering
- Slicing, Dicing, Mixing, Melting, Rubbing in, Creaming, Kneading, Shaping, Proving

### Threshold concepts

Students will be encouraged to take forward the concepts that 'health and safety is the most important thing in the food room', 'teacher demonstrations need to be watched carefully and followed as shown', 'measuring out is a really important skill to get right', 'do not rush practical work', 'mistakes are OK - and opportunities to learn from'.

### Opportunities for reading

Any articles in the news that are to do with Food.

[BBC Food - Recipes and inspiration from your favourite BBC programmes and chefs](#)

### How and when will the core learning be assessed?

Students will receive 'Live Feedback' throughout the project and be assessed at the end of this project on their making skills and evaluation skills. Students will then receive an overall mark for their work (out of 4). Students will also undertake a written assessment at the end of the project based on the theory covered.

### Links to other topics/subjects

The practical and communication skills learned in this project will feed into and support all other food-based projects in KS3 and beyond.