



St Benedict's Catholic School

The Catholic Secondary School for West Suffolk

Design and Technology – Food Curriculum Guide

Year 7

At KS3 Design and Technology groups are rotated Termly to allow all pupils to experience the 3 key areas of the subject, namely Food and Nutrition, Graphic Products, Resistant Materials. Therefore, each group will move to a different specialism at the end of each term.

Course Taught Content

At the start of the course, students will be introduced to working safely in a food environment. They will learn about basic kitchen equipment and procedures, including how to wash up efficiently. Students will be involved in the Safe preparation of vegetable and fruit rich dishes, using hand held equipment, the grill and the hob. They will be taught how to use the equipment independently and how to avoid the risks involved.

We focus on choosing, using, and preparing fruits and vegetables to demonstrate ways of achieving a number of healthy eating targets on the Eatwell guide; it is also an entry into simple cookery, developing our knife and general preparation skills.

As an introduction to food science we carry out a simple experiment by boiling pasta samples, to develop students understanding of one of the functional properties of carbohydrates (gelatinisation).

Students will then move onto the safe use of the oven and begin to learn how to test when dishes are cooked. Initially our focus will be on Carbohydrate rich dishes enabling us to introduce this macro nutrient and its role in meeting healthy eating targets on the Eat well guide.

Finally we focus on protein as these are high risk foods and are an introduction to more skilful cookery requiring the use of good knife skills, acquired earlier in the course. They also provide an understanding of microbiological food safety considerations when preparing, processing, storing and cooking protein rich dishes. In addition they also provide an introduction to the concepts of Quality control and Health and safety in food preparation.

Assessment

A baseline assessment will be carried out to assess student's practical confidence and competence, using small equipment in the food room, at the very start of the course.

A formal teacher assessment will be carried out about half way through the term, to assess the student's research skills and ideas.

An end of year assessment will be carried out in the last term to assess students' knowledge and understanding, across the whole of the DT subject.

Homework Expectations

Homework is set every couple of weeks (approximately 3 times per half term). The tasks set will vary but will be linked to the focus of the work in class. It may be a simple practical task to further develop skills taught in lessons as well as organising ingredients required for a planned practical activity. Often it will be a written task which might involve: seeking feedback from others in response to ideas, or evaluation of a product made in class. Sometimes it will include personal research, investigation, planning or functional maths. This will involve pupils printing outcomes or completing a worksheet and bringing these to their next lesson, rather than submitting via Edulink. The homework will predominately help pupils to be organised for lessons and inform their learning in class.

Reading List

<https://www.thespruceeats.com/culinary-arts-knife-cuts-photo-gallery-4121795>

[https://www.news-medical.net/health/Nutritional-Needs-of-Young-Children-\(Age-5-10\).aspx](https://www.news-medical.net/health/Nutritional-Needs-of-Young-Children-(Age-5-10).aspx)

Extra and Super Curricular Opportunities

Time permitting students will complete a fun class challenge to demonstrate their knife skills.