



# St Benedict's Catholic School

*The Catholic Secondary School for West Suffolk*

## **Design and Technology – Food Curriculum Guide**

### **Year 9**

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**

We begin the course by reflecting on what we know about nutrition and the Eatwell guide. Students use functional maths to assess how well their own diet imitates the nutrition model and will either identify targets for improvement of their own diet, or suggest simple swaps that can be made to improve general nutritional choices.

A core theme in year 9 is to understand the cooking process. It is intended that students will continue to develop their competence in using a range of cooking techniques; learning how to control heat when frying, simmering, boiling or baking. In the process, they will apply what they have learnt about heat transference (conduction, convection and radiation) to each of their recipes. Students will also be encouraged to use awareness of taste, texture and smell to decide how to season dishes and combine ingredients.

To further our understanding of food provenance, we will investigate what affects our food choices, and also look at how our food is farmed. We will consider environmental options including: Organic, free range, Red tractor and seasonality. Students will be encouraged to consider some of these choices when selecting ingredients used in their recipes, they will also be encouraged to adapt recipes for a variety of different individual needs.

Students may be using meat in a number of their recipes; therefore, they will be taught to demonstrate correct methods for handling raw meat and knowing when it is cooked. We will also focus on minced meat, to evaluate what represents value for money and wise nutritional choices, when used by different target groups.

The initial dish they make will involve using a seasonal vegetable which will be stuffed with an interesting filling, to be served at lunch. We will also make a dish requiring a tomato sauce, where reduction is used as a method of thickening and developing the flavor in the recipe. Towards the end of the course we will be learning how to make short crust pastry and the skills involved in handling, rolling and baking this skillful pastry, in order to produce a quality main meal product (quiche). This dish will be taught over a number of lessons and

in the process, we will also cover some of the rules for safe chilling and freezing. Time permitting, we may also make biscuits providing an opportunity for students to develop quality control skills.

## **Assessment**

The focus of assessment in DT for year 9 is evaluation. A formal teacher assessment will be carried out about half way through the term. It will be based on the evaluation of a food product made by the student, using data they have collected from their tasting panel.

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 organise 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 research, reading, 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**

**Greta Thunberg quotes:** <https://www.bbc.co.uk/newsround/49812183>

**Factors affecting food choice:** <https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1>

**Ethical Food choices opinion:** <https://www.foodunfolded.com/opinion/ethical-food-choices-opinion>

## **Extra and Super Curricular Opportunities**

Year 9 students have the opportunity to help prepare buffet food for the school presentation evening.