

Year 7

During Year 7 students will acquire a range of food skills, varying in complexity and accuracy. They will cook a range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance.

Aims

Through this rotation in Food and Nutrition, students will:

- develop their knowledge and understanding of ingredients and healthy eating, focusing on the Eatwell Guide and the 8 tips for healthy eating.
- develop their knowledge food provenance, where our food comes from and seasonality.
- acquire and demonstrate food preparation and cooking techniques.
- acquire and demonstrate the principles of food hygiene and safety.
- develop their knowledge of consumer food and drink choice.
- apply their knowledge to make informed choices.
- develop the creative, technical and practical expertise needed to perform everyday tasks confidently.
- build and apply a repertoire of knowledge, understanding and skills in order to create high quality dishes for a wide range of people.
- acquire and apply a knowledge and understanding of food science; enzymic browning is the focus
- evaluate and test their ideas and the work of others.

There are a range of practical lessons undertaken, some are selected or adapted to meet ingredient availability, cost and seasonality.

In Year 7, they may include the following dishes: fruit salad, couscous salad, goujons, mini pizzas, apple crumble, stir fry, soup and pear marble cake.

Year 8

During Year 8 students will develop and demonstrate a range of food skills, varying in complexity and accuracy, cook a range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance. In addition, they will consider the factors that affect food choice, food availability and food waste.

Aims

During this rotation in Food and Nutrition, students will:

- deepen their knowledge and understanding of food and nutrition, they will focus on the Eatwell guide and the 8 healthy eating guidelines.
- deepen their knowledge food provenance, focusing on cereals and starchy carbohydrates and protein: dairy foods.
- further develop their food skills and techniques.
- further develop and demonstrate the principles of food hygiene and safety.
- deepen and apply their knowledge of consumer food and drink choice.
- develop the creative, technical and practical expertise needed to perform everyday tasks confidently.
- build and apply a repertoire of knowledge, understanding and skills in order to create and make recipes and dishes for a wide range of people.
- acquire and apply a knowledge and understanding of food science; how yeast works and gelatinisation are the focus
- evaluate and test their ideas and the work of others.

There are a range of practical lessons undertaken, some are selected or adapted to meet ingredient availability, cost and seasonality.

In Year 8, they include: wholemeal bread rolls, macaroni cheese, risotto, mini quiches, frittata, puff pastry and cooking with eggs.

Year 9

During Year 9 students will secure and demonstrate a range of food skills, varying in complexity and accuracy, to cook a wider range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance. In addition, they will consider consumer issues, food and its functions and farming.

Aims

During this rotation in Food and Nutrition, students will:

- extend their knowledge and understanding of food, diet and health.
- extend food preparation and cooking techniques.
- extend their knowledge of food provenance and consumer information.
- extend and apply their knowledge of consumer food and drink choice.
- secure the creative, technical and practical expertise needed to perform everyday tasks confidently.
- build and apply an expanding repertoire of knowledge, understanding and skills in order to create and make high quality dishes for a wide range of people.
- acquire and apply a knowledge and understanding of food science; raising agents are the focus
- evaluate and test their ideas and the work of others, and make recommendations for improvements.

There are a range of practical lessons undertaken, some are selected or adapted to meet ingredient availability, cost and seasonality.

In Year 9, they include: cheese straws, swiss roll, pies, scones, meatballs, sponge cakes and vegetable noodles.