



Key Stage: 3

Subject: Food

Aims of the subject:

Food is a practical subject and pupils learn and develop their skills from making a range of food products. As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils opens the 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 in later life. By the end of key stage 3 pupils should be confident and independent workers. They should be able to work with a range of ingredients, tools and perform a variety of practical techniques in order to manufacture a range of food products. They should be able to develop their ability to design, make and evaluate a range of food products.

Students should:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques
- understand the source, seasonality and characteristics of a broad range of ingredients

Year	What will I learn?	What will I do?
Year 7	<p>Term 1</p> <p>With a focus on healthy eating and nutrition, Food in year 7 looks at developing your basic cooking skills, along with your awareness of health and safety in the kitchen, hygiene, and nutrition. You will develop your knife skills.</p> <p>Skills you will learn and develop:</p> <p>Weighing / measuring, assembling a food product, boiling, using the bridge hold and claw cutting technique, using the hob safely, simmering, cutting evenly sized pieces, using the oven safely, sauce making, combining</p>	<p>Term 1 Practical dishes:</p> <p>Pizza, Fruity Cakes, Bolognese Sauce / Chilli Con Carne, Christmas practical: Chocolate Log</p> <p>Evaluations of certain products made</p>

	<p>ingredients, layering ingredients, beating ingredients, spreading ingredients, using the creaming method, using finishing techniques, use of electric hand-held mixer, using the rubbing in method, dividing mixtures evenly.</p> <p>Term 2 You will learn about healthy eating and nutrients. Skills you will learn and develop: Weighing / measuring, assembling a food product, boiling, using the bridge hold and claw cutting technique, using the hob safely, simmering, cutting evenly sized pieces, using the oven safely, sauce making, combining ingredients, layering ingredients, spreading ingredients, shaping dough, kneading, forming a dough, rolling out dough, draining.</p> <p>Term 3 You will respond to an end of year assessment piece to design and make a healthy mid-week meal for a teenager. Skills you will learn and develop: Weighing / measuring, assembling a food product, boiling, using the bridge hold and claw cutting technique, using the hob safely, simmering, cutting evenly sized pieces, using the oven safely, combining ingredients, layering ingredients.</p>	<p>Term 2 Practical dishes: Vegetable Curry, Fruit Crumble, Stir Fry, Macaroni Cheese / Pasta Bake. Evaluations of certain products made</p> <p>Term 3 Practical dishes: Fruit Salad, End of Year Assessment. Evaluations of certain products made. End of Year Assessment.</p>
Year 8	<p>Term 1: With a focus on practical techniques and nutrition, Food in year 8 looks at developing your cooking skills to make a variety of technical products, with the preparation of a range of ingredients, knowledge of functions of ingredients and nutrition. You will learn about storage and bacterial growth. Skills you will learn and develop: rolling out, measuring thickness, weighing / measuring, using the hob safely, pastry making, using the bridge hold and claw cutting technique, cutting evenly sized pieces, using the oven safely, layering ingredients, combining ingredients, cutting out, using the rubbing-in method, dividing mixtures / fillings evenly, sauce making, peeling.</p>	<p>Term 1 Practical dishes: Thai Green Curry, Scones, Sweet and Sour, Lasagne, Christmas practical: Mince Pies / Jam Tarts. Evaluations of certain products.</p>

	<p>Term 2: You will learn about healthy eating and nutrients. You will learn about Multi-cultural cuisines and Food Miles and Seasonality. Skills you will learn and develop: rolling out, measuring thickness, weighing / measuring, using the hob safely, using the bridge hold and claw cutting technique, cutting evenly sized pieces, using the oven safely, combining ingredients, cutting out, using the rubbing-in method, dividing mixtures / fillings evenly, sauce making, peeling, shaping dough, kneading, shaping, glazing.</p> <p>Term 3: You will respond to an end of year assessment piece to design and make a healthy savoury product for an adult suitable to be served at a music festival. Skills you will learn and develop: weighing / measuring, using the hob safely, using the bridge hold and claw cutting technique, cutting evenly sized pieces, using the oven safely, combining ingredients, dividing mixtures / fillings evenly, peeling, shaping, beating ingredients, using the creaming method, using the food processor.</p>	<p>Term 2 Practical dishes: Spicy Burgers, Mini Quiches, Savoury Plait, Swiss Roll Assessment on Multi-cultural cuisines. Evaluations of certain products.</p> <p>Term 3 Practical dishes: Fish and Vegetable Stack, End of Year Assessment. Evaluations of certain products. End of Year Assessment.</p>
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Extra-curricular opportunities

There may be opportunities for pupils to take part in after school cooking clubs and charity events. These will be publicised in the pupil bulletin.

How you can support your child's progress

To develop pupils' practical skills, they will make a range of both sweet and savoury products. All of the recipe sheets for the practical lessons are in their booklet. These tell the pupils the ingredients that they will need to bring with them for each practical session. There is a separate shopping list for each recipe to use when they go shopping for each practical. It is important that your child is organised and does not forget what they need to bring with them for each lesson. If they are absent from school, they have to find out what you have missed and if they need to bring anything to the next lesson. It is their responsibility to ensure that they are prepared for every lesson. Failure to do so will result in sanctions. Each time that they have a practical lesson, they must remember to bring a suitable container / dish to take what they have made

home. All containers / dishes must be clearly labelled with their full name and tutor group. If pupils have regular experience of cooking at home, this will help them in the lesson so that they are confident workers in the classroom. Regular experience of washing-up will help too!

Homework

To extend their learning outside of school, pupils will be set homework. All of the homework activities are in the booklet. The majority of this homework will involve the weighing / measuring and preparation of ingredients for the following practical activity. Pupils must make sure that all homework is completed and handed in on time. They must make sure that they have read instructions carefully and that work is completed to a standard that shows the best of their ability. If they are absent from school they will still be expected to complete homework. Failure to submit homework tasks on time will result in a department detention. Failure to produce work of a good enough standard will also result in sanctions. Please encourage your child to proof-read their homework to check for any spelling and grammatical errors. They should also check that they have met the assessment criteria.