

**Food Preparation and Nutrition – Year 7**

Knowledge and Skills – Students will be taught to...	Reading, Oracy, Literacy and Numeracy	Formative Assessment (On-going)	Summative Assessment (Middle and end of project)	Link to GCSE Content
<ul style="list-style-type: none"> <li>• <b>Develop the Practical Skills, Processes and Ingredients knowledge in all projects.</b></li> <li>• An overview/introduction to Food and Cooking at KS3</li> <li>• Respond to a context.</li> <li>• Undertake appropriate research.</li> <li>• Produce a range of dishes.</li> <li>• Use tools and processes of cooking effectively.</li> <li>• Understand how to work safely.</li> <li>• Evaluate their final dishes and suggest possible improvements.</li> <li>• Hygiene and Safety in the kitchen (1)</li> <li>• Nutrients and Healthy Eating for food choices (3)</li> <li>• Seasonality of ingredients</li> <li>• Weighing and measuring of ingredients</li> <li>• Basic knife skills (1)</li> <li>• Baking, stewing and rubbing in methods.</li> <li>• Organisation and preparation of work areas and ingredients. (10)</li> <li>• Enzymic browning (2)</li> </ul>	<p>Reading</p> <ul style="list-style-type: none"> <li>• Written context.</li> <li>• Recipe cards.</li> </ul> <hr/> <p>Numeracy</p> <ul style="list-style-type: none"> <li>• Measuring techniques to ensure accuracy.</li> <li>• Weighing appropriate ingredients.</li> </ul> <hr/> <p>Oracy</p> <ul style="list-style-type: none"> <li>• Individual speaking:</li> <li>• Group performance:</li> </ul>	<p>Questioning in lessons</p> <p>Whole class feedback</p> <p>Individual feedback in lessons</p> <p>Marking areas of focus and identifying areas for improvement.</p> <p>Peer and self- assessment of written work</p>	<p>Knowledge tests throughout the project focussing on:</p> <ul style="list-style-type: none"> <li>• Design Process</li> <li>• Ingredients</li> <li>• Making Processes</li> <li>• Equipment/Tools</li> <li>• Hygiene and Safety</li> </ul> <p>One marked D&amp;T project tasks focussing on:</p> <ul style="list-style-type: none"> <li>• Analysis and Evaluation</li> </ul> <p>• <i>Students in Year 7 will also be awarded a separate ‘stand-alone’ grade for Food Preparation and Nutrition.</i></p>	<p>LO1 demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment</p> <p>LO2 develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks</p> <p>LO3 understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health</p> <p>LO8 consider nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods and portion sizes</p> <p>LO10 manage the time and cost of recipes effectively</p> <p>LO11 use their testing and sensory evaluation skills, adjusting where needed, to improve the recipe during the preparation and cooking process</p>