

Food and Nutrition at KS3

Food and Nutrition is taught as part of the Design and Technology rotation. In years 7, 8, and 9, pupils have one term in Food and Nutrition, approximately 24, one hour lessons.

Year 7

In year 7, pupils will study planning healthy meals and a balanced diet, based around the Eatwell Plate. They will look at commodities from each section. They will consider alternative diets such as vegetarians. Environmental issues are important and pupils will learn about the 3 R's and this is re-enforced by a topic entitled "Love Food Hate Waste".

Pupils will also learn how to prepare food in a safe and hygienic environment. They will learn how to use the cooker safely and the correct way to use sharp knives. They will learn how to store, prepare and cook meat safely, prepare a range of fruit and vegetables, dough making, rubbing in skills, coating, melting and seasonal practical work. Numeracy is re-enforced when weighing and measuring.

Evaluation techniques will enhance pupil's descriptive vocabulary.

Year 8

In Food and Nutrition pupils will develop their knowledge of nutrition including learning about nutrients and their functions in the body. They will then learn about the current Government dietary guidelines and how these can be incorporated into a healthy balanced diet. We look at staple foods from around the world and how these are prepared and cooked in a variety of dishes.

Pupils will continue to develop practical food preparation skills, producing dishes such as carbonara, seasonal crumbles, scones, shepherd's pie, macaroni cheese, trifle and chicken curry. They will learn about the characteristics of ingredients and how these are used in cooking.

Evaluation techniques are further developed.

Year 9

In year 9, we look at individual requirements for specific nutrients and consider moral and religious preferences and food allergies. Pupils will learn how diets can be adapted to meet these needs. A project based on foods and cultures from around the world is completed by pupils working in pairs. They have to prepare display materials and produce foods which reflect regional, geographical and cultural influences.

Traceability and food assurance schemes are studied and thought given to their importance in today's environmental and social climate. We look at standard components and encourage pupils to look at how these can form part of a well balanced meal.

Cake decoration techniques are taught.

Practical skills continue to be developed. Pupils are encouraged to adapt recipes for themselves and select dishes to meet specific criteria. They will produce dishes such as pasta bakes, risotto, lasagne, shortcrust, filo and puff pastry based dishes, multi-cultural dishes and make and decorate a gateau.