Whittington Green School – Design and Technology (Food and Nutrition)

Dream Reach Achieve

CURRICULUM INTENT: The Whittington Green Design and Technology department aims to provide a high quality education which develops lifelong learners who demonstrate a curiosity, creativity and the skills and knowledge required to understand the role of design and technology in industry and in everyday lives. Pupils are given the skills and knowledge to design and make products that solve real and relevant problems within a variety of contexts, considering the needs of potential clients, wants and values. Pupils learn how to take creative risks, becoming

Purpose of study

Design and technology is an inspiring, rigorous and practical subject. Using creativity and imagination, pupils design and make products that solve real and relevant problems within a variety of contexts, considering their own and others' needs, wants and values. Pupils acquire a broad range of subject knowledge and draw on disciplines such as mathematics, science and art. Pupils learn how to take risks, becoming resourceful, innovative, enterprising and capable citizens. Through the evaluation of past and present design and technology, they develop a critical understanding of its impact on daily life and the wider world. High-quality design and technology education makes an essential contribution to the creativity, culture, wealth and well-being of the nation.

Subject Content

Through a variety of creative and practical activities, pupils should be taught the knowledge, understanding and skills needed to engage in an iterative process of designing and making. They should work in a range of domestic and local contexts [for example, the home, health, leisure and culture], and industrial contexts [for example, engineering, manufacturing, construction, food, energy, agriculture (including horticulture) and fashion].

KS3 National curriculum for Food and Nutrition

"As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a 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." • 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 [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] • understand the source, seasonality and characteristics of a broad range of ingredients.

Attainment targets

By the end of key stage 3, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study.

Design

Pupils should be taught:

- Presentation of food
- Introduce new food experiences such as choosing and trying new ingredients when cooking
- Prepare and make seasonal dishes

Make

Pupils should be taught to:

- Preparation skills of a range of foods
- Cooking a range of dishes using the oven and grill
- Demonstrate safe use of sharp knives – bridge and claw
- Accurately weigh and measure ingredients to ensure successful practical activities
- Have knowledge and understanding of the use of different colour chopping boards to prevent cross contamination
- Know how to test that food is cooked using a range of methods including using temperature probes

Evaluate

Pupils should be taught to:

- Understand the rules and routines of the food room to ensure that everyone is safe in lesson
- Reflect on their practical working and acknowledge changes that could be made
- Reflect on the dishes made and consider changes for special diets, personal choice

Nutritional Knowledge

Pupils should be taught to:

- Have knowledge and understanding of The Eatwell Guide and how it connects to the dishes made in Y7
- Recognise the 5 main nutrients and their function including fibre and water – The Hand of Nutrition

Year 7	
By the end of key stage 3, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study. **Design** Pupils should be taught to: • Prepare and present arrange of dishes • Introduce new foods Make Pupils should be taught to: • Prepare, make and cook a range of predominantly savoury dishes. • Safe chopping techniques	Evaluate Pupils should be taught to: • Evaluate their own way of working, especially considering health and safety • Evaluate the food they make Technical Knowledge Pupils should be taught about: • The 5 main nutrients and the function of each • The Eatwell Guide
Cultural capital	Careers links will be covered to give context to all lessons that are delivered. Wider curriculum opportunities will be taken where appropriate to broaden student experiences i.e. trips etc.
Adaptations for SEND	A broad and relevant curriculum will be taught to all students in design and technology, this will be appropriately scaffolded by LSA's and teachers to ensure every student can access the curriculum.

Term/Unit	Topic Overview / Content	Learning Expectation / Concepts and Skills	Recall and review of past learning	National Curriculum target	Key Vocab / Concepts

Health and safety	Understanding of the routines and rules of the food room in terms of Health and Safety and behaviour.	• Understand the reasons for wearing various items of PPE in various scenarios. • Understanding how to stay safe when putting food in or out of the oven in accordance with the food room rules. • Understand how to maintain a safe environment for all when in the food room, reporting accidents/incidents	Recall previous knowledge from primary schools in regards to Health and Safety and using PPE.	• Select from and use specialist techniques, equipment and machinery precisely and with care.	Apron Oven gloves Space Hazzard Risk Wet floor sign
Using specialist equipment to cook	Understanding of how to use the cooker safely. Identify parts of the cooker. Observe how to put the oven and grill on, how to put food in and take food out of the oven safely. Know how to make sure food is cooked and safe to eat.	• Identify parts of the oven, grill and hob. • Know how to use a temperature probe to test the internal temperature of food to ensure it is safe to eat.	Recalling the importance of using the correct part of the oven for different cooking techniques	• applying heat in different ways	Cooker Hob Oven Grill Temperature probe 75°c
Chopping techniques	Understanding how to use a sharp knife safely and produce a range of culinary knife cuts. Observe how to use a sharp knife using the bridge and claw technique and produce: brunoise,	• Demonstrate using a paring knife safely and with some accuracy	Recall the use of behaving safely in the workshop including following all safety rules and procedures. From the health and safety and marking out units.	• become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment)	Knife Blade Bridge Claw Brunoise Macedoine Baton Juliene Paysanne

	macedoine, baton, julienne and paysanne culinary knife cuts				
Technical Knowledge	Understanding technical skills used in producing food and making food that is safe to eat	• Understand and recognise key skills in the preparation of food. • Recognise the need for accurate weighing and measuring to ensure successful outcomes. • Master the rubbing in method of combining ingredients for crumble and shortbread. • Shaping for biscuits and puff pastry pinwheels. • Enrobing chicken with flour, egg and breadcrumbs for chicken dippers. • Understanding the need to prevent cross contamination in order to produce food that is safe to eat by: hand washing, washing up and using the correct colour chopping boards.	Revisiting technical skills throughout the year to embed knowledge.	• become competent in a range of cooking techniques and cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet	• Weighing • Measuring • Mixing • Rubbing in • Shaping • Enrobing • Cross contamination • Chopping boards
Nutrition	Understand nutrition in the diet.	• Understand and recognise the need to follow a balanced diet by following the guidelines of The Eatwell Guide. • Recognise the 5 main nutrients and water and fibre as essential for a healthy lifestyle. • Understand the function of the 5 main nutrients and water and fibre in the human body.	Recall previous knowledge from primary schools in regards to The Eatwell Guide	• understand and apply the principles of nutrition and health	• The Eatwell Guide • The Hand of Nutrition • Protein • Carbohydrates • Fat • Vitamins • Minerals • Fibre • Water

Evaluating	Understanding how to critically evaluate their own work effectively	• Describe how the work they have produced works well and how it could be improved. • Critically evaluate their work on their progress from one project to the other in terms of safety and accuracy.	Recall preparation and cooking techniques and nutritional information	• Pupils evaluate and reflect on their practical working making suggestions for improvements or adjustments for special diets/considerations	• Evaluate • Reflect • Improve • Assess