

FOOD TECHNOLOGY	
<p>The National Curriculum:</p> <p>Understand and apply the principles of nutrition and health.</p> <p>Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</p> <p>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].</p> <p>Understand the source, seasonality and characteristics of a broad range of ingredients.</p>	<p>Year 7 Theory lessons - Healthy breakfasts, nutritional requirement of the body.</p> <p>Students are invited to live Teams teaching sessions as well as having Live demonstrations to highlight particular skills and to encourage students to cook set dishes at home where possible.</p> <p>Students will focus on the basic nutritional requirements of the body. They will research and identify the different nutrient groups, their sources and function in the body. Students will find out about the importance of maintain a balanced diet for good health.</p> <p>Year 7 Practical lessons; Students will develop an understanding of how to increase their nutritional health by adding, removing and substituting ingredients when making dishes such as: Pizza, Vegetable Cous Cous, Breakfast muffins, Pasta splodge and Oat and raisin cookies.</p> <p>Year 8 Theory lessons - Eatwell plate, Nutrients, Obesity, Fat, sugar, salt and calorie intake.</p> <p>Students are invited to live Teams teaching sessions as well as having Live demonstrations to highlight particular skills and to encourage students to cook set dishes at home where possible.</p> <p>Students will develop an understanding of a range of nutritional guidelines that will help them understand how to increase their nutritional health and reduce their Saturated fat, Salt and Sugar intake. They will research and identify nutritional intake requirements and form a sound understanding of the importance of the correct daily calorie intake to help maintain a healthy body weight.</p> <p>Year 8 Practical lessons; Students will further develop their nutritional awareness of healthy dishes by applying this knowledge and cooking the following dishes: Pizza, Pasta bake, Stir- fry, Healthy fruit pudding, Filled Pitta.</p> <p>Year 9 Food Preparation and Nutrition</p> <p>Students are invited to live Teams teaching sessions as well as having Live demonstrations to highlight particular skills and to encourage students to cook set dishes at home where possible.</p> <p>Topics covered: Nutrition, sensory testing & hospitality industry.</p> <p>Key Skills: Time management, choux pastry making, nutrients, sensory evaluation, puff pastry making, sweet pastry making, fish preparation.</p> <p>Key Knowledge: Dietary needs, hierarchy of hospitality industry, jobs within industry, the role of a chef, puff pastry making, sweet pastry making, fish preparation.</p> <p>Year 10 Food Preparation and Nutrition</p> <p>Students are invited to live Teams teaching sessions as well as having Live demonstrations to highlight particular skills and to encourage students to cook set dishes at home where possible.</p> <p>Topics covered: Milk, cheese, yoghurt & cereals.</p> <p>Key Skills: Choux pastry, finishing and decoration, practical planning, bread preparation, danish pastry preparation.</p> <p>Key Knowledge: Milk and cream production, protein, yoghurt production, cheese production, managing high risk foods, cereal classification, wheat production and processing, bread production, rice production, breakfast cereals.</p> <p>Year 11 Food Preparation and Nutrition</p> <p>Students are invited to live Teams teaching receiving feedback for their work on the Non Examined Assessment.</p> <p>Key Skills/Key Knowledge: 1 Select task - Plan of action, 2 Research, 3 Survey/Questionnaire, 4 Skills table, 5 Sensory analysis, 6 Possible ideas, 7 Trials and evaluations, 8 Final dishes with reasons, 9 Three point time plan, 10 Food practical exam, 11 Evaluation, 12 Further developments.</p>

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