



Thomas Mills
High School & Sixth Form

CURRICULUM OVERVIEW: Design and Technology – Food and Nutrition

“Real food doesn’t ‘have’ ingredients. Real food IS ingredients.” – Jamie Oliver

At Thomas Mills High School and Sixth Form in KS3 pupils complete a rotation of subject areas including Resistant Materials, Food and Nutrition, Textiles, Computing and Information Technology, each rotation lasts 7 to 8 weeks.

In Food and Nutrition we focus in introducing the following concepts:

1. Nutrition and health - Pupils learn about different food groups, nutrients and how a balance of these different types of foods can create a balanced diet.
2. Food science – Pupils will learn how ingredients behave during cooking as well as how certain foods spoil preservation. They will also explore sensory evaluation and food testing.
3. Food safety and hygiene – They will learn about safe food handling and storage, personal hygiene in the kitchen and how to prevent cross contamination.
4. Practical cooking skills – Pupils will cover basic food preparation, cooking methods and time management.
5. Dietary choices and cultural awareness – Pupils will learn about special diets, cultural influences on food and making informed food choices.

In Year 7 our focus is the introduction of basic food preparation and cooking skills, introducing skills such as weighing out of ingredients, cutting, peeling and mashing. Pupils will learn how to use the cooker focusing on the oven, hob and grill and learn different cooking techniques.



Year 7

Term	Topic	Knowledge and Skills	Useful Links
8 week rotation	Practical work Baked Sandwiches Bread rolls Savoury Muffins Cheese & Potato Pie Marbled tray bake Jam cookies	Knowledge: Pupils will be introduced to a variety of cooking techniques through a range of simple recipes. They will learn how to prepare, combine and cook a variety of ingredients. They will learn about the different ways to use a cooker. Pupils will learn about food safety, personal hygiene in the kitchen and the dangers of cross contamination. We will introduce information about special diets and how to have a healthy diet. Skills: Preparation – Pupils will learn the following skills: Weighing out dry and wet ingredients. Peeling, cutting, combining ingredients, kneading, proving and chilling. Cooking – Pupils will begin developing their cooking skills with baking, melting, boiling and grilling. Evaluating – Pupils will evaluate their cooks with respect to how they look and taste. They will also consider adaptations that could be made to the recipes.	Food – A Fact of life Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training. - Food A Fact Of Life BBC bitesize – KS3 food Healthy diet - Nutrition, digestion and excretion - KS3 Biology - BBC Bitesize
Assessments		There are three assessments over the 8 week rotation, the first is the booklet that pupils complete over the 8 weeks and includes homework's and their evaluations. The second assessment come from practical works that they produce over the rotation. The third assessment is an end of unit test that recalls their knowledge from the Food and nutrition course. Assessment 1: Booklet – Pupils will complete sections of the booklet throughout the course. Assessment 2: Practical work – Pupils will be assessed on the quality of the food they cook. Assessment 3: End of unit test – Recall of knowledge assessment.	