



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, Computing and Information Technology, each rotation lasts 9 weeks.

In Food and Nutrition, we focus on 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 8 our focus is on the development of basic food preparation and cooking skills, combining ingredients to produce the foundations of meals. Pupils will become more confident and independent with food preparation and cooking by the end of the course.



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Year 8			
Term	Topic	Knowledge and Skills	Useful Links
9 week rotation	Practical work	<p>Knowledge: Pupils will develop their knowledge of food nutrition and a balanced diet. They will develop their knowledge of how to prepare, combine and cook a variety of ingredients. Pupils will learn about food safety, temperature zones and storage of ingredients. We will learn about following recipes and time management in the kitchen and how to dovetail tasks.</p> <p>Skills: Preparation – Pupils will become more confident in the following skills: Weighing out dry and wet ingredients. Peeling, cutting, combining ingredients, kneading, proving and chilling. Cooking – Pupils will develop their cooking skills with baking, melting, boiling and grilling. Evaluating – Pupils will evaluate their work with respect to how they look and taste. They will consider adaptations that could be made to the recipes.</p>	<p>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</p> <p>BBC bitesize – KS3 food Healthy diet - Nutrition, digestion and excretion - KS3 Biology - BBC Bitesize</p>
	Brilliant Bread		
	Pizza		
	Muesli breakfast biscuits		
	Cheese and Broccoli Pasta bake		
	Mini carrot cakes		
	Chicken Fajita		
	Sweet Pancakes		
Assessments	<p>There are three assessments over the 9 week rotation, the first is the booklet that pupils complete over the 9 weeks and includes homeworks 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.</p> <p>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.</p>		