

# Curriculum Overview

Subject: Design & Technology,  
Food Preparation & Nutrition

Year Group: 7



Within Design & Technology students complete two lessons a fortnight and one lesson a fortnight for Food, Preparation and Nutrition.

Students are introduced to the importance of nutrition and its impact on the body. Along with the theory content they learn practical skills and gain confidence in the use of kitchen equipment.

Dishes created: Pizza Wraps | Chicken Goujons | Penne Arrabiata | Sausage Rolls | Macaroni Cheese | Fajitas | Practical Assessment | Vegetable Stir Fry | Cheese Scones

Skill Focus: Knife Skills | Reduction Sauces | Shortcrust Pastry Making | Roux Sauces | Rubbing Technique | Baking | Frying | Boiling

Within Design and Technology students complete three projects: - polymer phone holder, wooden box with acrylic lid and a polymer door sign. Students are taught the theory of materials and their origins and how to correctly and safely use a range of hand tools.

TERM 1	TERM 2	TERM 3
<p><b>KNOWLEDGE/SKILLS</b></p> <p>Food Preparation and Nutrition: A wide range of food practical skills and theory content: Eatwell guide and dietary guidelines, understanding of sensory analysis, nutritional content, reduction sauces, binding, developing knowledge on macronutrients (protein, fats and carbohydrates) knife skills. Practical dishes include: Pizza wraps and chicken goujons.</p> <p>Design Technology: Health and safety, polymers, sources and types, product analysis, designing from research, polymer tools, strip heater, planning, how to make a plastic phone holder, evaluation skills.</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p>Food Preparation and Nutrition: A wide range of food practical skills such as reduction sauces, shortcrust pastry making, roux sauces and knife skills. Practical dishes include penne arrabiata, sausage rolls, macaroni cheese and fajitas. Theory content covered in a mid-year topic test, food safety, cross contamination.</p> <p>Design Technology: Health and safety, timbers sources, types and characteristics, product analysis, designing and developing ideas, using tools and equipment for timber, how to make a wooden box with a plastic lid, finishing timbers, planning for making, evaluation skills.</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p>Food Preparation and Nutrition: A wide range of food practical skills such as sauce making, knife skills, frying, boiling, baking, and includes an opportunity of a practical assessment where students showcase skills learnt throughout the year.</p> <p>Design Technology: Health and safety, target market analysis, writing a specification, Use of CAD, CAM (TechSoft 2D Design and laser cutter) to manufacture a product, learning about positive and negatives of CAD, CAMD, robotics and automation within industry.</p>

KEY ASSESSMENTS	KEY ASSESSMENTS	KEY ASSESSMENTS
Half term2: End of term assessment	Half term2: Module Specific Design and Technology test	Half term 2: End of year assessment
<p>Extended reading suggestions and external resources:</p> <p><a href="http://www.technologystudent.com">www.technologystudent.com</a></p> <p>Eatwell guidelines – government website</p> <p><a href="#">The Eatwell Guide - NHS</a></p> <p><a href="#">Food &amp; Nutrition</a></p> <p>BBC bitesize</p> <p>Relevant research and reading for the completion of terms homework.</p>		