

# Curriculum Overview

Subject: Design & Technology,  
Food Preparation & Nutrition

Year Group: 8



Skills are built upon and developed in Year 8. All projects develop a range of design and practical skills in all areas and build on prior knowledge from their primary and Year 7 education. All projects for Design Technology and Food Preparation and Nutrition are based on the National Curriculum requirements to ensure students receive a balanced and broad curriculum within the subject area across Year 7 to 9.

Students complete three projects in DT: textiles phone case, metal key holder, electronic night light. This is two lessons over a fortnight. 1 lesson a fortnight is Food Preparation and Nutrition.

Practical Dishes: Cheeseburger Style pasta | Creamy Garlic Tagliatelle | Chicken Stir Fry | Practical Assessment X2 | Enchiladas | Calzone | Chili Non Carne | Savoury Muffins | Vegetable Pot Pie

Skill Focus: Knife Skills (embedded every lesson) | Reduction Sauce | Roux Sauce | Handling High Risk Foods | Bread Making | Boiling | Frying | Roasting | Glazing

TERM 1	TERM 2	TERM 3
<p><b>KNOWLEDGE/SKILLS</b></p> <p>Food Preparation and Nutrition: A wide range of food practical skills with cheeseburger style pasta, creamy garlic tagliatelle and a chicken stir fry, Skills cover boiling, knife skills, reduction sauces, roux sauces, frying and high-risk food handling. Theoretical content, breakdown of carbohydrates, menu planning, dextrinization, calcium, iron, fluoride, sodium, iodine, phosphorus, complementary interactions, protein alternatives and effects of deficiencies and excess of protein.</p> <p>Design Technology: Health and safety, textiles and their properties, origins and uses. Understanding the influences of designers. How</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p>Food Preparation and Nutrition: Food practical dishes include a practical assessment, enchiladas and calzone. These have a highlight focus on reduction sauces, knife skills, bread making. Theory aspects look at the nutrient fat, the impact food has on the environment and the needs of different life stages, and the nutrients need to support them.</p> <p>Design Technology: Health and safety, metals sources and their properties, designing and making templates, understanding and using tools and equipment for metal working. Joining metals, making a key holder, dip coating and evaluation.</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p>Food Preparation and Nutrition: Practical dishes include chilli-non-carne focused on vegetarian dish, savoury muffins with a focus on healthier snack alternative and a vegetable pot pie. Theory tasks include a topic test, food safety looking at storage areas, temperatures and personal hygiene.</p> <p>Design Technology: Health and safety, electronic components, writing a specification, soldering, vacuum forming, understanding input process output, isometric drawing, making a PCB and night light, evaluation.</p>

to make a wallet from a pattern, using a sewing machine, planning, evaluation.		
KEY ASSESSMENTS  Half term2: End of term assessment	KEY ASSESSMENTS  Half term2: Module Specific Design and Technology test	KEY ASSESSMENTS  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>		