Curriculum Overview

Subject: Design & Technology, Food Preparation & Nutrition

Year Group: 7

CHASE HIGH SCHOOL
AMBITION - RESILIENCE - KINDNESS

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**
KNOWLEDGE/SKILLS 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. 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.	KNOWLEDGE/SKILLS 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. 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.	KNOWLEDGE/SKILLS 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. 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.

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
Extended reading suggestions and external resources: www.technologystudent.com Eatwell guidelines – government website The Eatwell Guide - NHS Food & Nutrition BBC bitesize Relevant research and reading for the completion of terms homework.		

Curriculum Overview

Subject: Design & Technology, Food Preparation & Nutrition

Year Group: 8

CHASE HIGH SCHOOL
AMBITION - RESILIENCE - KINDNESS

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**
KNOWLEDGE/SKILLS 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. Design Technology: Health and safety, textiles and their properties, origins and uses. Understanding the influences of designers. How	KNOWLEDGE/SKILLS 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. 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.	KNOWLEDGE/SKILLS 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. 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.

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
Extended reading suggestions and external resources: www.technologystudent.com Eatwell guidelines – government website The Eatwell Guide - NHS Food & Nutrition BBC bitesize Relevant research and reading for the completion of terms homework.		

Curriculum Overview

Subject: Design & Technology, Food Preparation & Nutrition

Year Group: 9

CHASE HIGH SCHOOL
AMBITION - RESILIENCE - KINDNESS

Skills are built upon and developed in Year 9. All projects develop a range of design and practical skills in all areas and build on prior knowledge from their primary and Year 7 and 8 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: Sustainable outdoors, CAD/CAM pewter casting and graphics. This is two lessons over a fortnight. 1 lesson a fortnight is FPN.

Practical Dishes: Teriyaki Chicken and Rice | Beef Chowmein | Cheese and Onion Slices | Burgers and Wedges | Falafel Pittas | Practical Assessment | Mexican Shredded Chicken Wrap | Team Challenge | Practical Assessment (Culture Based) | Cottage Pie

Skill Focus: Handling High Risk Foods | Boiling | Knife skills | Sauce Making | Shortcrust Pastry | Mashing | Binding | Seasoning | Frying | Shredding | Reduction Sauce

TERM 1	**TERM 2**	**TERM 3**
KNOWLEDGE/SKILLS **Food Preparation and Nutrition:** A wide range of food practical skills: marinading, boiling, knife skills, pastry making, mashing, glazing. All theoretical content is food science based looking at functional and chemical properties of: protein – denaturation, coagulation and foams | carbohydrates: gelatinisation and caramelisation | fats: plasticity, shortening	KNOWLEDGE/SKILLS **Food Preparation and Nutrition:** A wide range of Food practical skills: burgers and wedges, falafel pittas and a practical assessment. Focus on skills binding, seasoning, knife skills, ability to recall skills from KS3 in a practical assessment. Theory content is a topic test on food science from term 1. Develop an understanding of the influence marketing and packaging has on food choice and looking at the impact of poor diet and diet-related diseases.	KNOWLEDGE/SKILLS **Food Preparation and Nutrition:** A wide range of food practical skills: Mexican shredded chicken wrap, team challenges, cultural practical assessment and cottage pie. Skill focus analyses knife skills (complex), organisation in a team, ability to create a dish for specific cultures which are allocated. Theory content recalls and builds upon macronutrients, religion and culture.
Design and Technology: Students complete all 3 projects across the year on a carousel Project 1: Sustainable outdoors Health and safety, iterative design, research methods, designer responsibility, writing a design brief and specification, planning for manufacture, six 6Rs of sustainability, renewable energy, carbon footprint, manufacturing a prototype, modelling, material finishes, design generation, orthographic drawing,		

numeracy in design and technology, analysing contextual challenges, user-centred design, scale modelling. Practical skills including: wasting, joining, smoothing.

Project 2: CAD/CAM Pewter Casting
Health and safety, iterative design, writing a design brief and specification, designer research, manufacturing a prototype, pewter casting, design generation, design development, use of SCAMPER, jigs and moulds and formers, using computer aided design, understanding computer aided manufacture, numeracy in design and technology, analysing contextual challenges, user-centred design, ergonomics. Practical skills include: wasting, casting, filing, smoothing, polishing.

Project 3: Graphics
Health and safety, designer research, design generation, design development, isometric drawing, orthographic drawing, one-point perspective, two-point perspective. Practical skills include: rendering, colour washing, colour blocking.

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

Extended reading suggestions and external resources:

www.technologystudent.com

Eatwell guidelines – government website

The Eatwell Guide - NHS

Food & Nutrition

BBC bitesize

Relevant research and reading for the completion of terms homework.