

Year 7 food

Project overview

Students will learn about Food safety and Hygiene and the basic skills to make a variety of dishes. They will learn about nutrition and how to have a healthy diet. They will learn about the functions of different ingredients and which food groups they belong to enable them to Plan prepare and cook a variety of healthy balanced meals



Building on

This project will build upon life skills and learning that has taken place in key stage 2.

New knowledge learnt in the project

- Pathogenic bacteria
- Food hygiene and safety
- The Eatwell guide
- Nutrients and their function in the body.
- Heat transfer methods of cooking
- The functional properties of ingredients
- Raising agents
- Enzymic browning and other chemical reactions



Skills learnt

- The principles of nutrition and health.
- Development of practical skills using methods, equipment and processes.
- Sensory analysis.
- Researching skills.



Year 8 food

Project overview

This project will build upon knowledge and skills learnt in food during year 7. Students will continue to look at the different food groups and their function in providing nutrients to the body. Students will experiment with different methods of cooking and preparing food to that they are able to adapt recipes to suit the needs of others.



Building on

This project will build upon skills learnt in year 7 food.



New knowledge learnt in the project

- Working characteristics of ingredients.
- Adaptation and modification of recipes to suit individual needs.
- Further understanding of the function of ingredients and food Science.
- How to plan a food practical using quality control checks.
- Carbohydrates and their function within the diet.
- Proteins and their functions within the diet.



Skills learnt

- Fermentation
- The use of microorganisms in food production
- Product development
- Sensory analysis
- Health and safety
- Presentation techniques
- Further practical skills and techniques



Year 9 food

Project overview

This project will look at product development in more detail and will explore adapting recipes for special dietary requirements and cultural differences. You will plan, prepare and cook dishes as part of a world buffet to showcase your technical skills.



Building on

This project will build upon skills learnt in year 8 food.

New knowledge learnt in the project

- Food provenance
- Food miles
- Special dietary requirements
- Cultural cuisine
- Sustainability issues
- Environmental issues



Skills learnt

- Further development of practical skills.
- Pastry making
- Aeration
- Lamination
- shortening
- Food presentation techniques
- Communication
- Team work
- Evaluation

