

# The Samworth Church Academy

## Curriculum Journey: Food Studies

### Year 7

Design and Technology Rotation	<p><i>Basics</i>                      Knife skills, personal and kitchen hygiene, kitchen healthy and safety, using hobs, using the grill, using the oven and applying all of the skills into different recipes.                      Nutrition, seasonal foods and time management.</p>
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### Year 8

Design and Technology Rotation	<p><i>Basics</i>                      Knife skills, personal and kitchen hygiene, kitchen healthy and safety, using hobs, using the grill, using the oven and applying all of the skills into different recipes.                      Nutrition, seasonal foods and time management.</p>
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### Year 9

Design and Technology Rotation	<p><i>Developing</i>                      Create more complicated dishes paying particular attention to environment and sustainability, seasonality, nutrition and health.                      Street food or International Cuisine.</p>
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### Year 10

Autumn	<p><i>Revisiting</i>                      Embedding the previous years skills, introduction to the new course.  <i>Level 2 Qualification in Food Hygiene and Safety</i></p>
Spring	<p>Students will continue to equip themselves with the skills needed to prepare and cook a range of high quality dishes.</p>
Summer	<p><i>Developing</i>                      Continue to develop a range of dishes, team work in practical sessions, fish and meat preparation.</p>

# Full Overview

## *Food Studies*

### **Year 7**

<b>Design &amp; Technology Rotation</b>
Students will learn basic knife skills before applying this into different recipes. Students will also learn about personal/kitchen hygiene and safety and will safely learn how to use the hobs, grills and ovens to cook or bake their recipes. Students will also learn about nutrition and seasonal food and gain skills in time management and organisation.

# Full Overview

## *Food Studies*

### **Year 8**

<b>Design &amp; Technology Rotation</b>
Students will learn basic knife skills before applying this into different recipes. Students will also learn about personal/kitchen hygiene and safety and will safely learn how to use the hobs, grills and ovens to cook or bake their recipes. Students will also learn about nutrition and seasonal food and gain skills in time management and organisation.

# Full Overview

## *Food Studies*

### **Year 9**

<b>Design &amp; Technology Rotation</b>
Build on knowledge and skill base from year 7/8 to develop more complicated dishes paying attention to the environment and sustainability, seasonality, nutrition and healthy, and affordable ingredients that could provide a family meal. Students will also undertake a project in either 'Street Food' or 'International Cuisine'.

# Full Overview

## Food Studies

### Year 10

Autumn	Spring	Summer
Students will revisit basic skills, nutrition, hygiene and safety to refresh knowledge from KS3. They will be introduced to the new course, be given an overview of the content, learn new skills and complete a Level 2 qualification in Food Hygiene and Safety.	Students will continue to equip themselves with the skills needed to prepare and cook a range of high quality dishes.	Students will continue to learn to prepare and cook a range of dishes, which will develop more complex skills. Students will also do some team work in practical sessions, to get them used to working in a professional kitchen. They will also learn how to prepare fish and joint meat.