DESIGN TECHNOLOGY
FOOD PREPARATION & NUTRITION

St Michael's Catholic Academy

Experience a range of exciting projects that teach you valuable skills in the kitchen. Develop understanding of nutrition and what our bodies use food for.

AO1 Demonstrate knowledge and understanding of food and nutrition

AO2 Apply knowledge and understanding of food and nutrition

AO3 Cook a range of food products

AO4 Analyse and evaluate the food you have cooked

KEYWORDS

SKILLS

KEYWORDS

AO2 Knowledge organiser

KEYWORDS

AO1 Diet: Dietary related health problems

SKILLS

AO1, AO2 & AO4 Assessment: End of unit

AO3 Practical 3: Muffins

AO4 Practical analysis

AO3 Practical 4: Halloumi & veg kebabs

AO4 Practical analysis

AO1 Sugar

AO4 Practical analysis

DIETARY RELATED ILLNESS

YEAR 8

AO3 Practical 2: Fruity flapjack

SKILLS

HEALTHY EATING

Mid point assessment

FOOD & NUTRITION

YEAR 7

AO1 Fibre

AO4 Practical analysis

AO3 Practical 1: Super veg pasta

AO1 Healthy eating and the Eatwell Guide

AO1 Introduction to the kitchen: Health and Safety, oven safety and hygiene

KEYWORDS

SKILLS

KEYWORDS

AO1 The human body: Nutritional requirements micro/macro

KEYWORDS

KEYWORDS

KS3