

HIGHFIELDS SCHOOL

OVERVIEW - SCHEME OF WORK 2018-2019



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SUBJECT: YEAR 7 FOOD TECHNOLOGY

KEY STAGE: 3

AUTUMN TERM - YEAR 7	SPRING TERM - YEAR 7	SUMMER TERM - YEAR 7
<p>Module 1 - Nutrition, energy and special dietary needs</p> <ul style="list-style-type: none"> To introduce module of work and assessment (learning ladder) researching and analysis, planning, and creating, evaluating, literacy, presenting and feedback skills Knowledge and understanding of healthy eating The "eatwell plate". Government guidelines for health eating Factors that affect a person's nutritional requirements. Seven key nutrients and their sources and functions in the body Relationship between food and physical activity (energy balance) Adapting recipes to make them healthier 	<p>Module 2 - Food provenance and food choice</p> <ul style="list-style-type: none"> Identify the origin of food commodities/products. Sensory analysis testing Factors that influence food choice such as moral issues, environmental issues, health factors, social influences, cost, religion and availability Knowledge of international cuisine. To understand that food goes through basic processes before it reaches us and understand how we process food at home to make it edible and safe To prepare a three course meal in groups of three that represents a chosen cuisine. Food modification and fortification Developing critical evaluation skills 	<p>Module 3 – Food Commodity - Eggs</p> <ul style="list-style-type: none"> To understand the functional properties of eggs within food To learn about the nutritional value of eggs Identify all parts of an egg and its functions To learn how to cook with high risk foods such as eggs and chicken To apply food safety practices to all practical work Key principles of ethical egg production
<p>PRACTICAL WORK</p> <ul style="list-style-type: none"> Fruit preparation and tasting Cous Cous Salad Fruity Muffins Flapjacks – healthier adaptation 	<p>PRACTICAL WORK</p> <ul style="list-style-type: none"> Mixed bean burritos Danish pastries Quesadillas Italian pesto pasta Create a dish with an international theme 	<p>PRACTICAL WORK</p> <ul style="list-style-type: none"> Chicken nuggets Brioche – white chocolate, raspberry bread and butter pudding Mexican frittata
<p>HOMEWORK</p> <p>Students will complete a six-week homework project on 'nutrition'. They will choose 6 different tasks from the 'food menu'. Each of the tasks vary in their level of difficulty and this is indicated by the number of chilli's on each task.</p>	<p>HOMEWORK</p> <p>Students will complete a six-week homework project on 'the factors effecting food choice'. They will choose 6 different tasks from the 'food menu'. Each of the tasks vary in their level of difficulty and this is indicated by the number of chilli's on each task.</p>	<p>HOMEWORK</p> <p>Students will complete a six-week homework project on 'hygiene and safety'. They will choose 6 different tasks from the 'food menu'. Each of the tasks vary in their level of difficulty and this is indicated by the number of chilli's on each task.</p>

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ASSESSMENT

Students are assessed for their knowledge of nutrition and functions of ingredients.
Students are assessed on the following skills – show and apply knowledge and understanding of food and nutrition through a detailed explanation of function of ingredients and by completing a nutritional analysis using a food recipe analysis software. They will also be assessed on knife skills, safe use of an oven, use of a hob (temperature control), weighing and measuring.

Key assessment focus: **Food and Nutrition**

ASSESSMENT

Students are assessed for their knowledge and demonstration of food safety, cooking and food preparation/presentation and applying knowledge and understanding of food and nutrition through a detailed explanation of function of ingredients and by completing a nutritional analysis using a food recipe analysis software. They will also be assessed on knife skills, safe use of an oven, use of a hob (temperature control), weighing and measuring.

Key assessment focus: **Food and Nutrition**

ASSESSMENT

Students are assessed for critical evaluation skills. Students will be assessed on the following skills: frying, safe use of a hob/temperature control, knife skills, lining a tin, rolling and shaping, mashing, grating, peeling and glazing.
They will also be assessed on their ability to critical evaluation their work and suggest improvements and demonstrate how the reflective evaluations help them to improve.

Key assessment focus: **Review and evaluate**