

FOOD

YEAR 7

Ready, Steady Cook!

Health, Hygiene and Safety underpin everything we do with our Year 7 students! Once they have learned how to use the rooms safely together with a knowledge and understanding of personal, kitchen and food hygiene, they will be taught knife skills and correct use of equipment including each part of the cooker, in the execution of a range of basic practical skills.

Assessment focuses on ability to design and make a healthy product for a Packed Lunch.'

Practical activities include:

- Dips and Dippers
- Super Snacks - using the grill
- Cupcakes - using the oven
- Pasta or rice salad - using the hob
- Potato bake
- Wraps with a stir fried filling

YEAR 8

'Feed Us Better!'

The main focus of this module is to increase awareness of the importance of healthy eating and the nutritional needs of teenagers. Students are given the opportunity to analyse their own diet using computer software (the 'Nutrients' program). Used in conjunction with the 'Eatwell Plate,' pupils are encouraged to modify familiar recipes whilst learning and developing a range of good practical skills.

Assessment focuses on ability to plan/develop ideas, making skills and testing/modifying and evaluating, whilst designing and making a product suitable for serving in the School Canteen.

Practical activities may include:

- Scone based pizza
- Pasta Pots
- Vegetables in a white sauce
- Dinner Jackets (Jacket potato with Quorn Curry)
- Risotto



YEAR 9

Scrumptious Sustainable Cooking

Designing Sustainable Food Products for Target Audiences builds upon all of the skills developed in Years 7 and 8. As we all become more aware of our environment, we encourage our Year 9 students to consider all the ways we can be more 'green' in the kitchen and then develop ideas for new dishes with specific consumers in mind! Raising Awareness of the 6R's, Food Miles, Seasonal and Local Produce, Globalisation and Multi-Cultural Issues are all key to the successful designing and making of an innovative sustainable product suitable for an Identified Target Group.

To this end, students experiment, develop and extend their practical skills through making:

- Show Stopping Pizzas
- Bread and bread products such as tortillas, bagels and pitta breads
- Pastry Products
- Curries