



**OVERVIEW**

In the Technology faculty we develop students into independent problem solvers, by teaching the students how to independently produce bespoke products in response to a given design brief. We base all our learning and assessment around our ethos of Planning, Make, Evaluate and Knowledge. In Year 7 Students will be introduced to the Hospitality and Catering industry with a focus on practical skills and learning about nutrients with the use of the eat well plate. Students will learn a range of basic skills, including knife skills, use of equipment, such as hob and oven, as well as being able to identify equipment and commodities.

**Autumn**

**Knife skills/Health & Safety**

1. Health and safety (theory)
2. stuffed jackets
3. Pizza muffins
4. Quesadilla
5. Tomato soup
6. Deli pasta salad - *Assessed practical.*

This project will begin to develop and assess the students' **Knowledge** of health and safety and how to be safe in the kitchen, through one theory lesson and five practical lessons.

The practical's in term 1 will focus on knife skills, developing different slicing, dicing and cutting techniques as well as using, carrying, washing and storing knives safely.

The students will begin to **Make** simple recipes which will allow them to select the correct equipment, tools and ingredients needed with a focus on health & safety/knives. They will learn how to read recipes - **Design** and will continually **Evaluate** their own work throughout the project and identify areas which they can improve on.

Due to the practical nature of the subject, students will receive verbal; feedback during each lesson, formal feedback will take place at the end of each project through an assessed practical.

**Designing a meal for a special diet.**

The students will learn about dietary requirement for different people and situations. They will then choose a client and design and produce a meal suitable for their diet and situation.

9. Dietary requirements.
10. Client analysis
11. Research
12. Research
13. Menu planning
14. Menu planning
15. Practical assessment
16. Evaluation of dish and techniques.

This project will be an additional session that runs for a term and a half,

**Assessment:**

**Design** - Demonstrating understanding of equipment and ingredients required, with a focus on Basic Health and safety within the kitchen and producing a healthy dish.

**Make** - Quality of practical skills, with a focus on basic knife skills and using different cooking techniques.

**Evaluate** - how well the student has evaluated practical work and finished product. Using sensory analysis, self and peer assessment.

**Knowledge** - the technical knowledge gained throughout and demonstrated in Do it Now activities with focus on Environmental Health officer and food

**Spring**

**Nutrients: Protein**

1. Protein: What is it? Function, sources. Types. (theory)
2. Chicken Fajitas
3. sausage rolls
4. Bean chilli con carne
5. Tuna pasta
6. spinach chow mein - *Assessed practical.*

This project will assess students' knowledge of **Design** -following simple instructions independently when cooking. **Make** - introducing new skills of how to use equipment and basic cooking skills. **Evaluate** - throughout the project and as a final evaluation. **Knowledge** - understanding of high protein ingredients and how to use them to make high protein dishes.

Pupils will get an understanding of the function of protein and why we need it in the body, where it comes from (sources) and the difference between high biological value (HBV) protein and Low biological value (LBV) protein.

**Designing a meal for a special diet.**

The students will learn about dietary requirement for different people and situations. They will then choose a client and design and produce a meal suitable for their diet and situation.

1. Dietary requirements.
2. Client analysis
3. Research
4. Research
5. Menu planning
6. Menu planning
7. Practical assessment
8. Evaluation of dish and techniques.

This project will be an additional session that runs for a term and a half,

**Assessment:**

**Design** - Demonstrating understanding of equipment and ingredients required, with a focus on Basic Health and safety within the kitchen and producing a healthy dish.

**Make** - Quality of practical skills, with a focus on basic knife skills and using different cooking techniques. Towards the end of the term students will learn Baking Skills.

**Evaluate** - how well the student has evaluated practical work and finished product. Using sensory analysis, self and peer assessment.

**Knowledge** - the technical knowledge gained throughout and demonstrated in Do it Now activities with focus on

**Summer**

**Vegetarian dish**

1. Veganism/Vegetarianism: Ethics, why people become vegetarian, types of vegetarians, alternative products, the change and need (theory)
2. Vegetable stir fry
3. Mini Quorn Toad in the hole
4. apple crumble
5. Vegetable enchiladas
6. Vegan curry - *Assessed practical.*

This project will assess students' knowledge of **Design** -following simple instructions and parts of vegan/vegetarian recipes when cooking. **Make** - Making vegan/vegetarian recipes that incorporate the skills already taught. **Evaluate** - throughout the project and as a final evaluation. **Knowledge** - selecting correct tools and using the correct equipment when making dishes. They are also starting to understand the function of ingredients when cooking.

This topic will allow pupils to understand vegetarian alternatives to meat and fish and how to make vegan/vegetarian dishes, whilst understanding why vegan/vegetarian food is becoming more popular and why people choose to become vegan/vegetarian.

**Assessment:**

**Design**- Demonstrating understanding of equipment and ingredients required, with a focus on Basic Health and safety within the kitchen and producing a healthy dish.

**Make** - Quality of practical skills, with focus on baking Skills (rubbing in, creaming, whisking method etc...)

**Evaluate** - how well the student has evaluated practical work and finished product. Using sensory analysis, self and peer assessment.

**Knowledge** - the technical knowledge gained throughout and demonstrated in Do it Now activities with focus on Environmental Health officer and food

**Useful resources for supporting your child at home:**

BBC Good Food is an excellent resource for easy-to-follow recipes.

Direct link to Focus eLearning provided to students in school.

**Homework:**

Homework will be set fortnightly; it will focus on key vocabulary associated with the subject.