



St Richard Reynolds Catholic High School

SUBJECT: Food Studies YEAR GROUP: 8	
<p>Overview: In Food Studies at KS3 we look at how to develop in our students a sound understanding of food and the important role that food plays in a healthy lifestyle. Year 8 students develop skills taught in Year 7 and enhance their independence when working in the kitchen. Lessons are a mixture of practical and theory work and students learn to prepare a range of mainly savoury dishes. Ingredients are provided, but students are expected to bring a container to take their food home in. Food Studies is taught on a Design & Technology carousel throughout the academic year along with Computer Technology and Product Design; students spend a term in each area.</p>	
PROGRAMME OF STUDY	METHOD OF ASSESSMENT
<p>During the Food Studies rotation students will:</p> <ul style="list-style-type: none">• Demonstrate knowledge of the 4C's of food safety and explain how they help to prevent food poisoning.• Identify the conditions required for the growth of microorganisms that are both harmful and beneficial to food preparation.• Describe a range of raising agents used in food preparation and explain how they work.• Explore the functional properties of ingredients used in baking and demonstrate through scientific investigation.• Examine the role of macro and micronutrients in the diet, describing their classification, functions and sources.• Recognise the information presented on food labels and identify what is legally required.• Continue to build and apply a repertoire of food preparation skills such as:	<ul style="list-style-type: none">• Completion of work in individual subject booklet• Class discussions• Self and peer marking• Reviewing knowledge and skills acquired during the term• Successful outcome of food products from following step-by-step instructions given by the teacher• Self-evaluation of food products identifying successes and targets for improvement• Weekly homework monitoring• Mid-term and end of term assessments



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- Knife skills: vegetable cutting styles (practical application: stir-fry, potato wedges)
- Safe handling of raw meat (practical application: stir-fry, chicken goujons)
- Combine and shape ingredients (practical application: pastry, bread, chicken goujons)
- Use of raising agents (practical application: yeast doughs, swiss roll)
- Dough making (practical application: yeast bread, pizza base)
- Sauce making (practical application: béchamel for pasta bake)
- Testing for doneness using a variety of methods (press test, temperature probe)
- Applying a variety of finishing techniques (practical application: bread, swiss roll)