



St Richard Reynolds Catholic High School

SUBJECT: Food Studies

YEAR GROUP:7

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. In Year 7 we teach the basic practical cookery skills and focus our theory on healthy eating and food safety.

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.



PROGRAMME OF STUDY

METHOD OF ASSESSMENT

During the Food Studies rotation students will:

- Identify and explain food safety rules in order to avoid injury and cross-contamination.
- Demonstrate the correct washing up routine to avoid cross-contamination.
- Recognise where food comes from and explain the seasonality of foods.
- Recall and apply the principles of The Eatwell Guide and the 8 Tips for Healthy Eating to their own diet.
- Identify the five nutrient groups, describe their main function and list some sources
- Explore how we taste food and learn how to evaluate food products using sensory evaluation tests.
- Start to build and apply a repertoire of food preparation skills such as:
 - Knife skills: bridge hold and claw grip (practical application: cous cous salad, soup)
 - How to use the cooker safely – oven, hob and grill (practical application: pizza toast)
 - Accurate weighing and measuring (practical application: all dishes)
 - Combine and shape ingredients (practical application: scones, meatballs)
 - Use of raising agents (practical application: soda bread, muffins)
 - Dough making (practical application: pastry, bread, scones)
 - Testing for doneness using a variety of methods (skewer, taste, sound and colour checks)
 - Applying a variety of finishing techniques (practical application: muffins, apple tart)

- Completion of a baseline test
- 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
- Teacher feedback and self-evaluation of food products identifying successes and targets for improvement
- Weekly homework monitoring
- Mid-term and end of term assessments