

From the D&T National curriculum students will:

Understand and apply the principles of nutrition and health

Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet

become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes. This will progress from y7 - y9 with increased difficulty in dishes made.

Understand the source, seasonality and characteristics of a broad range of ingredients

Y7		Working Towards	Expected Standard	Greater Depth
		<p>By the end of the year a student should be able to: While making Fruit salad, scones, cous cous, noodle salad, cookies</p>	<p>By the end of the year a student should be able to: While making Fruit salad, scones, cous cous, noodle salad, cookies</p>	<p>By the end of the year a student should be able to: While making Fruit salad, scones, cous cous, noodle salad, cookies</p>
<p><b>E O Y 7</b></p>	<p><b>P R A C T I C A L</b></p>	<p>Make a basic product with some support -get ready for a practical lesson with help -need to be reminded about how to be safe in the food room -need help to weigh and measure -need help using the knife safely -help to light/turn on my oven/hob - support to adjust the temperatures of the hob/oven. -need help to clean up and keep my area tidy. -need support to finish the practical on time.</p>	<p>-get ready for a practical lesson with some prompts on the standard procedures -follow food hygiene &amp; safety rules -move safely around the room -select and prepare equipment &amp; ingredients -can weigh and measure ingredients accurately with reminders. -follow a recipe step by step with demonstration -some help to use the knife safely using the correct hand positions (bridge &amp; claw) -can light/turn on my own hob with reminders of the steps. -can adjust the heat of the hob/oven -need reminding to keep my work area tidy and clean as I go. -can finish practical on time without support.</p>	<p>-independently get ready for the practical lesson, -following all of the standard procedures - safely move around the room and assist others. -independently weigh and measure my ingredients accurately, follow the recipe and can help others -fully independently, using the knife safely. -can demonstrate/help others. -can light/turn on the hobs independently and can control the heat. -able to support others and can explain how to do task. - independently keep area clean and tidy and clean as I go. -finish on time and work as a team</p>

	Working Towards	Expected Standard	Greater Depth
	By the end of the year a student should be able to:	By the end of the year a student should be able to:	By the end of the year a student should be able to:
<b>T H E O R Y</b>	<p>Know the four Cs of food hygiene (cleaning, cooking, chilling cross-contamination)</p> <p>Know some of the physical/chemical properties of main food ingredients (flour, sugar, fat, eggs)</p> <p>Know how far some foods have travelled regarding food miles &amp; the seasonality of ingredients</p>	<p>Understand the four Cs of food hygiene (cleaning, cooking, chilling cross-contamination)</p> <p>Understand the physical/chemical properties of main food ingredients (flour, sugar, fat, eggs)</p> <p>Understand how far food has travelled food miles &amp; the seasonality of ingredients; Understanding the source and characteristics of some ingredients</p>	<p>Understand and apply the four Cs of food hygiene with examples (cleaning, cooking, chilling cross-contamination)</p> <p>Understand and apply the physical/chemical properties of main food ingredients with examples (flour, sugar, fat, eggs)</p> <p>Understand and apply how far food has travelled food miles &amp; the seasonality of ingredients; understanding the source and characteristics of more ingredients</p>