

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

Y8		Working Towards	Expected Standard	Greater Depth
		By the end of the year a student should be able to make predominantly savoury dishes Soup, bread, flapjack, risotto, pasta, pizza	By the end of the year a student should be able to make predominantly savoury dishes Soup, bread, flapjack, risotto, pasta, pizza	By the end of the year a student should be able to make predominantly savoury dishes Soup, bread, flapjack, risotto, pasta, pizza
E O Y 8	P R A C T I C A L	<ul style="list-style-type: none"> -get ready for a practical lesson with some prompts on the standard procedures -follow food hygiene & safety rules -move safely around the room -select and prepare equipment & 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 & claw) -can light/turn on my own oven/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. 	<ul style="list-style-type: none"> -independently get ready for the practical lesson, -following all of the standard procedures -safely move around the room -independently weigh and measure ingredients accurately following the recipe - use the knife safely to make more complex predominantly savoury dishes, especially cutting an onion. -can demonstrate/help others. -can light/turn on the oven/hobs independently and can control the heat. - independently keep the area clean and tidy and clean as I go. -finish on time and work as a team taste the dish and season as required and add more or different herbs if required 	<ul style="list-style-type: none"> -Make a recipe showing a range of skills, using a range of equipment with accuracy to create a well-presented outcome. -Uses a knife and other technical equipment safely, with a variety of uses and food types. - make & taste the dish and independently adapt the dish with different ingredients/herbs -Time is used well and all aspects of health and safety are followed able to support others and can explain how to do the task.

	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:
T H E O R Y	<p>Know how to follow food hygiene and how food poisoning is caused.</p> <p>Know basic nutritional needs including the Eatwell guide and healthy eating guidelines</p> <p>Know some different multicultural staple foods and where they come from using sensory testing to rank different multi-cultural breads</p>	<p>Understand food hygiene, how food poisoning is caused and how to prevent it.</p> <p>Understand basic nutritional needs including the Eatwell guide and healthy eating guidelines</p> <p>Understand a range of multicultural staple foods and where they come from using sensory testing to rank different multi-cultural breads</p>	<p>Understand and apply food hygiene, how food poisoning is caused and how to prevent it with examples.</p> <p>Understand and apply basic nutritional needs and the main five nutrients including the Eatwell guide and healthy eating guidelines with examples.</p> <p>Understand and apply a range of multicultural staple foods with examples and where they come from using sensory testing to rank different multi-cultural breads</p>