



**Applied Learning
Curriculum Overview
Years 7&8**

Pupils will swap between Design & Technology and Food Preparation and Nutrition at February half term. They will swap teachers.

Year 7

Year 8

FOOD PREPRATION AND NUTRITION

Autumn	<p>Overview Understand the importance of healthy eating as part of a wider healthy lifestyle. Understand and apply the principles of the Eat Well Guide and the importance of healthy lifestyles. Acquire and demonstrate the principles of food hygiene and safety. Develop a range of cooking techniques to understand the source, seasonality and characteristics of a broad range of ingredients. Apply and consolidate their literacy and numeracy skills by using them purposefully in practical sessions. Apply and consolidate their literacy and numeracy skills by using them purposefully in practical sessions.</p>	<p>Overview Understand the importance of energy and how needs change through life; name the key nutrients, sources and functions. Understand how dietary needs change throughout life stages. Understand the importance of eating a balanced diet as part of a wider healthy lifestyle. Prepare and cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Acquire and demonstrate the principles of food hygiene and safety. Develop a range of cooking skills, understand the source, seasonality and characteristics of a broad range of ingredients. Apply and consolidate their literacy and numeracy skills by using them purposefully in practical sessions.</p>
	<p>Skills Food preparation skills are integrated into six core groups: Food, nutrition and health – Eat Well Guide, Health. Food science – Properties of food, cooking food Food safety –Principles of Food Safety. The 4'Cs' Food choice –Sensory Evaluation, Food provenance –Food Processing and Production. Food and health Food Preparation Skills General practical skills Knife skills Preparing fruit and vegetables Use of the cooker Use of equipment Handling of raw meat Cooking methods Prepare, combine and shape Rubbing-in method Raising agents</p>	<p>Skills Food preparation skills are integrated into six core groups: Food, nutrition and health – Macro Nutrients, Micro Nutrients, Nutritional Needs and Health. Food science – Properties of food, cooking food Food safety –Principles of Food Safety. The 4'Cs' Food choice –Factors affecting Food Choice, British and International Cuisines, Sensory Evaluation, Food Labelling and Marketing Food provenance –Environmental Impact and Sustainability of Food, Food waste. Food and health Food Preparation Skills General practical skills Knife skills Preparing fruit, vegetables and handling raw meat. Use of the cooker Use of equipment Cooking methods Prepare, combine and shape Rubbing-in method Rolling out / shaping Raising agents</p>
	<p>Assessments Recall Quizzes Key words spelling test Case Studies</p>	<p>Assessments Recall Quizzes Key words spelling test Case Studies</p>
Spring First ½ of the term	<p>Overview Learn about the origin of different ingredients and consider ethical issues linked to sources of food. Sensory analysis</p>	<p>Overview Understand the impact of cultures (international and British) on food choice. Continue to acquire and demonstrate the principles of food hygiene and safety. Continue to develop a range of cooking techniques to</p>



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	<p>Prepare and cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Continue to acquire and demonstrate the principles of food hygiene and safety. Continue to develop a range of cooking techniques to understand the source, seasonality and characteristics of a broad range of ingredients. Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes. Apply and consolidate their literacy and numeracy skills by using them purposefully in practical sessions.</p>	<p>understand the source, seasonality and characteristics of a broad range of ingredients. Adapt and produce a time plan to allow pupils to independently follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes.</p>
	<p>Skills Food, nutrition and health – Eat Well Guide, Health. Food science – Properties of food, cooking food Food safety –Principles of Food Safety. The 4’Cs’ Food choice –Sensory Evaluation, Food provenance –Food Processing and Production. Food and health Food Preparation Skills General practical skills Knife skills Preparing fruit and vegetables Use of the cooker Use of equipment Cooking methods Prepare, combine and shape Rubbing-in method</p>	<p>Skills Food, nutrition and health – Macro Nutrients, Micro Nutrients, Nutritional Needs and Health. Food science – Properties of food, cooking food Food safety –Principles of Food Safety. The 4’Cs’ Food choice –Factors affecting Food Choice, British and International Cuisines, Sensory Evaluation, Food Labelling and Marketing Food provenance –Environmental Impact and Sustainability of Food, Food waste. Food and health Food Preparation Skills General practical skills Knife skills Preparing fruit, vegetables and handling raw meat. Use of the cooker Use of equipment Cooking methods Prepare, combine and shape Rubbing-in method Raising agents</p>
	<p>Assessments Recall quizzes Key word spelling tests Written case study Written Test on MS Teams Design and Make activity Practical assessment</p>	<p>Assessments Recall quizzes Key word spelling tests Written case study Written Test on MS Teams Design and Make activity Practical assessment</p>

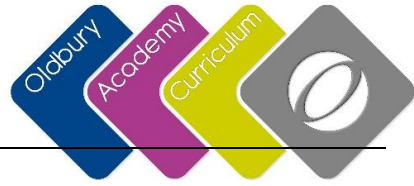


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DESIGN & TECHNOLOGY.

THE SEQUENCE OF LESSONS WILL VARY, DEPENDING ON THE AVAILABILITY OF SPECIALIST WORKSHOPS AND EQUIPMENT.

<p>Spring Second ½ of the term</p>	<p>Overview Understand the importance and key purpose of Design & Technology. Understand and apply the principles of the Design & Technology Learn about the origin of different materials and consider ethical issues linked to sources, use and disposal of materials: Timber Polymers Fibres and Fabrics Metals</p>	<p>Overview Understand the importance of sustainability issues and environmental issues when designing and making. Understand and apply the principles of the Design & Technology. Learn about the 6Rs Learn about the origin of different materials and consider ethical issues linked to sources, use and disposal of materials: Timber - Recycling Polymers - Repurposing Fibres and Fabrics – Reusing, rethinking</p>
	<p>Skills Design & Technology skills are integrated into Core Technical Principals, Specialist Technical Principals and Designing and Making Principals. In this unit pupils will learn the following: Core Technical Principals Materials and their working properties– timber, metal, polymer, fabrics and fibres. Classification of materials, their properties and common uses. Specialist Technical Principals Selection of materials, the influence they have on the design of products. The factors to consider when selecting materials. Sources and origins – how the raw material is processed and turned into a useable material.</p>	<p>Skills Design & Technology skills are integrated into Core Technical Principals, Specialist Technical Principals and Designing and Making Principals. In this unit pupils will learn the following: Core Technical Principals Materials and their working properties– timber, polymer, fabrics and fibres. The application of the 6R’s to each of the materials. Classification of materials, their properties and common uses. Specialist Technical Principals Selection of materials, the influence they have on the design of products. The factors to consider when applying the 6Rs to the materials. Sources and origins – how the raw material is processed and turned into a useable material.</p>
	<p>Assessments Recall quizzes Key word Spelling test Practical making activity</p>	<p>Assessments Recall quizzes Key word spelling tests Practical making activity</p>
<p>Summer</p>	<p>Overview Acquire and demonstrate the principles of workshop safety. Develop a range of practical skills, understand the source and properties of a broad range of materials Adapt and follow a design and plan of action, using appropriate materials and equipment to make a useful product. Apply and consolidate their literacy and numeracy skills by using them purposefully in practical sessions.</p>	<p>Overview Acquire and demonstrate the principles of workshop safety. Develop a range of practical skills, Understand the source, properties and sustainability of a broad range of materials Adapt and follow a design and plan of action, using appropriate materials and equipment to make a useful product. Apply and consolidate their literacy and numeracy skills by using them purposefully in practical sessions.</p>
	<p>Skills Designing & Making Principals The work of others Communication of design ideas- sketching and planning initial ideas Specialist tools and equipment, woodworking tools, metal working tools, workshop equipment and textiles equipment.</p>	<p>Skills Designing & Making Principles Communication of design ideas – sketching and planning initial ideas Specialist tools and equipment workshop tools and equipment Specialist techniques and processes,</p>



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	Specialist techniques and processes – marking out, cutting,	
	Assessments Recall quizzes Key word spelling tests Written case study Written Test on MS Teams	Assessments Recall quizzes Key word spelling tests Written case study Written Test on MS Teams