

## SUBJECT OVERVIEW

At Key Stage 3 we continue to develop the understanding and practice of basic nutrition and healthy eating with particular consideration of the role and function of the current dietary guidelines. Students develop and extend their knowledge of cultural diversity, traditions and ritual foods eaten in the UK.

### Subject Topic

- Role and function of the current dietary guidelines.
- Starchy foods.
- Salt.
- Fat.
- Fish.
- Cultural influence on the foods we eat.

### Skills / Attitudes

- Applying knowledge of the Eat Well Plate in recipe selection and food choice.
- Calculating the nutritional value of recipes focusing on salt, fat and starch.
- To understand and apply knowledge of the Glycemic Index for everyday food choice.
- Understanding the importance of including fish in the diet.
- Research and analysis of cultural influence on food choice.
- Develop practical skills.
- Use a range of kitchen equipment safely.
- Use a range of skills to research, design and present a selection of foods suitable for a chosen culture/tradition.

## SUBJECT OVERVIEW

At Key Stage 3 we study international fashion catwalk collections and fabrics in order to design and make a contemporary fashion top suitable for a teenager.

### Subject Topic

- Fabric analysis.
- Modelling on the stand, learning techniques for suppression
- Mood boards and design.
- Fashion and working drawings.
- Pattern design.
- A lay plan and costing.
- Samples of pintucks, pleats, gathers, darts
- Constructing a final garment.
- Making a presentation of the design work to include styling a photo shoot.
- Ethical design and environment and sustainability.

### Skills / Attitudes

- Developing an understanding of fabrics and their construction.
- Understanding and implementing fashion and working drawings necessary for pattern design and construction.
- Creating and adapting a personal pattern from an industrial block.
- Professionally machine stitch a quality finished and environmentally considered garment