

FOOD AND NUTRITION

Pupil year: **Lower 4 (Yr 8)**

Head of Department: **Mrs S Fanous**

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 and how this is applied to everyday meals. Students develop and extend their knowledge of cultural diversity, traditions and ritual foods eaten in the UK and around the world. Students broaden their baking skills and undertake a series of technical and creative baking challenges through research, designing and developing recipes.

Subject Topic

Food Hygiene and Safety

- Role and function of the current dietary guidelines for healthy eating and focused practical tasks.
- Starch and fibre, reducing sugar in recipes, fish and carbohydrates.
- World Food Culture and how it influences the food we eat.
- Lower 4 Bake Off Challenge.

Skills / Attitudes

- Extend and develop key cooking skills and become familiar with adapting recipes.
- Apply knowledge of the Eatwell Plate in recipe selection and food choice.
- Calculate the nutritional value of recipes focusing on salt, fat and starch.
- Understand the importance of fish in the diet.
- Use a range of skills to research World Food Cultures and design and make a range of suitable dishes (also using time planning).
- Understand and apply knowledge of the Glycaemic index for everyday foods.
- Group and individual, creative and technical baking tasks. Research, time plan, design and develop recipes to be creatively presented.

TEXTILES

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SUBJECT OVERVIEW

At Key Stage 3 we study International Fashion Catwalk Collections and Cyanotype Photography in order to design and make a contemporary jersey fashion top suitable for a teenager. We also study silk production and make a high quality hand painted silk scarf, as well as making a punched leatherette and stencil printed purse with a zip fastening.

Subject Topic

- Mood boards and design.
- Fashion and working drawings.
- Pattern construction and adaptation.
- Digital photography and digital image manipulation.
- Cyanotype printing onto organic cotton jersey.
- Lay plans and costing.
- Constructing a completed garment.
- Making a presentation of the design work to include styling a photo shoot.
- Ethical design, environment and sustainability.
- The ancient Silk Road, Silk production.
- Silk painting.
- Accessories and cutwork.
- Stenciled placement prints.

Skills / Attitudes

- Understanding and working to a design brief.
- Different types of printing and mark making onto various fabrics.
- Developing an understanding of sustainable fabrics, their construction and production.
- Understanding and implementing fashion and working drawings necessary for pattern design and construction.
- Creating and adapting a made-to-measure personal pattern from an industrial block.
- Professionally machine stitching a quality finished and environmentally considered garment. Using a sewing machine, an overlocking machine and a coverstitch machine.
- Learning to professionally paint a silk scarf using the resist technique.
- Accurately making a hand drawn stencil template, cutting out leatherette pattern and stencil printing the lining. Inserting a working zip.