

FOOD AND NUTRITION

Pupil year: **Upper 3 (Yr 7)**

Head of Department: **Mrs S Fanous**

SUBJECT OVERVIEW

At Key Stage 3 (year 7) we continue to develop the understanding and practice of basic nutrition and healthy eating. Students develop and extend their practical cooking skills, learn how to evaluate products and develop a sensory vocabulary. Students learn about designing and making a healthy packed lunch. As well as investigating food labeling and packaging.

Subject Topic

Food Hygiene and Safety

- Safe use of kitchen equipment.
- Current guidelines for healthy eating and focused practical tasks.
- Why do we need food? Nutrients and health.
- Safe food storage.
- Design a healthy packed lunch.
- Eat less sugar and more starchy food.
- Sensory evaluation procedures.

Skills / Attitudes

- Develop practical skills.
- A basic understanding and knowledge of food hygiene rules.
- Use a range of appropriate kitchen equipment safely.
- Use correct safety procedures.
- Recognise the importance of the identification, control and monitoring of hazards likely to arise from the purchase to the consumption of food prepared at school.
- Develop key cooking skills and become familiar with adapting recipes.
- Use a range of skills to research, design and present conceptual food products.
- Develop a sensory vocabulary and become familiar with hedonic ranking.
- Safe use of electronic kitchen equipment.

TEXTILES

Pupil year: **Upper 3 (Yr 7)**

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SUBJECT OVERVIEW

At Key Stage 3 we continue to develop and build upon machine skills and fabric decoration techniques. Students research world culture, then design and make a high quality patchwork cushion. Students are also introduced to different printing and embellishment techniques. They design and make a made-to-measure printed circular skirt. This is followed by an introduction to ‘Textiles as Art’, where students make a felted wall hanging.

Subject Topic

- Researching world cultures for design inspiration.
- Fabric decoration and embellishment.
- Types of fabric including smart materials.
- Home furnishing.
- Digital design and printing onto photofabric.
- Silk screen design and printing.
- Design using found images, copyright and ethical design.
- Customer profiles.

Skills / Attitudes

- Health and safety in the textiles room.
- Ironing and pressing techniques.
- Learning new decorative fabric techniques such as log cabin patchwork, appliqué and reverse appliqué.
- Silk screen printing and mixing pigments.
- Digital drawing and design using Photoshop. Printing onto photofabric.
- Learning decorative embellishment skills including embroidery, beadwork and decorative machine stitches.
- Learning how to investigate; making mood boards and interpreting world cultural images.
- Moodboards and design development.
- Colour theory.
- Quality control.
- Presentation; self and peer evaluation.
- Measuring and accurate pattern construction, working as a team.
- Transfer printing techniques using digital technology.
- Garment wash care.
- Machine felting merino wool tops. Wet and dry 3D felting techniques.
- Textiles and the Environment – the three Rs.
- Making natural dyes from plants.