

FOOD AND NUTRITION

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

Head of Department: **Mrs S Fanous**

SUBJECT OVERVIEW

At Key Stage 3 (Upper 3/Yr 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 – also investigating food labeling and packaging.

Subject / Topic	Skills / Attitudes
Food Hygiene and safety <ul style="list-style-type: none">• 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 carbohydrates• Sensory evaluation procedures	<ul style="list-style-type: none">• 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, preparation, cooking and 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.