

Design Technology: Key stage 3 Curriculum overview

In every scheme of work students develop the skills of:

Year Group	Topic Theme	Subject specialism	Student activity	Build-up of skills/Practical
7	Health and Safety	Food	<ul style="list-style-type: none"> To understand the module and behaviour expectations. To understand Food Technology safety and hygiene rules and expectations within the classroom. To be able to prepare food with regard to health, safety and hygiene. To be aware of equipment and items used in the kitchen. 	<p>Basic skills during the module:</p> <p>Fruit Salad: (enzymic browning, oxidization)</p> <ul style="list-style-type: none"> Chopping Fruit and vegetables using the bridging method and claw. <p>Basic skills: using the grill, hob and oven</p> <p>Hob - Pasta Salad, Oven – Healthy muffins, Grill - pizza baguette</p> <p>Hygiene and Safety</p> <p>Sensory properties</p>
7	Nutrition: Micro and Macronutrients	Food	<ul style="list-style-type: none"> To understand nutrients and their job role. To understand how they can be applied to healthy eating and the Eat well guide/balanced diet. Students will understand the function /sources of Carbohydrates, Protein and Fats, Minerals and vitamins Students to understand the importance of packaging and labelling and be introduced to The Food Labelling regulation 1996 and the use of the Traffic light labelling. 	
7	History on food and health	Food	<ul style="list-style-type: none"> Students will study dietary needs & requirements for different age groups considering BMI energy balance. Students will look at the History of sailors etc... Students will research diet related diseases – cancer, heart disease, arthritis, diabetes, rickets and scurvy – foods cures Students to develop an understanding of enjoyment, cost, availability, time of day, activity, celebration or occasion and informed choices about food and drink. 	
7	Food provenance and choices	Food	<ul style="list-style-type: none"> Students to research where ingredients are grown, reared and caught. 	

			<ul style="list-style-type: none"> • Students to understand the impact of food on the environment, local & global markets and communities. Air soil and water pollution, modern farming and sustainability. • Students will look at the use of seasonal products. 	
7	Activities, Skills and Knowledge		<ul style="list-style-type: none"> • Students to develop an understanding of the importance of cooking food. • Students will learn the nutritional functional properties & cooking methods to conserve nutritional value. • Students will learn how heat is transferred to food through, convection, induction and radiation. 	