



# Year 7 Food & Nutrition / Design Technology Learning Journey

## Transferable skills for Food & Nutrition:

- Understand and apply principles of nutrition and health
- Cook repertoire of mainly savoury dishes
- Competent in range of cooking techniques (key skills for each practical as displayed in red font)
- Understand source, seasonality and characteristics of ingredients

## Numeracy

- Sequencing recipes - timing - weighing and measuring - units of measurement

## Literacy

- Reading and interpreting recipes - Oral presentation - key words

## Science

- bacterial contamination/food safety - chemical raising agents
- methods of heat transfer - nutrition

## Careers Links for Food & Nutrition

### Career Links:

- Hygiene and safety in catering environments
- Practical cookery skills
- Diet & Health
- Team work / interpersonal skills
- Independent work

Wood

Metal

End of Year

Key Topic 5

Wood – Working with in a team

Technical processes and safety when manufacturing with wood

Manufacture joint 1 - butt joint  
Manufacture joint 2 - dowel joint

Manufacture joint - 3 finger joint

Investigation in to categories of metal, properties/ characteristics

Technical processes and safety when manufacturing with metal

Design Technology – Materials & Processes

Manufacturing of a Keyring / Self - Assessment

Technical processes and safety when manufacturing with plastic

Investigation into categories of plastic, properties/ characteristics

Introduction to the workshop, Health and Safety

Key Topic 4

Three Term rotation of Food & Nutrition and Design Technology – This Learning Journey reflects a student who has studied Food & Nutrition for Terms 1-3 and Design Technology for Terms 3-6.

Key Topic 3

Theory: Eatwell Guide & 8 Tips for a Healthy Lifestyle

Practical: Tomato Pasta (key skills: knife skills, using the hob, reduction sauce)

Theory: Dietary Choices/Requirements

Practical: Cheese pasta – gluten/lactose free (key skills: weighing & measuring, using the hob, gelatinisation)

Practical: Pastry turnover (key skills: weighing & measuring, handling and shaping pastry, using the oven)

Food & Nutrition

Key Topic 2

Practical: Fruit Scones (key skills: weighing & measuring, rubbing in method, forming/shaping dough, baking, functions of ingredients)

Theory: Eatwell Guide & Nutrients

Practical: Crumble (key skills: weighing & measuring, rubbing in method, using the oven, seasonal ingredients)

Theory: Seasonality

Practical: Savoury Muffins (key skills: weighing & measuring, using the oven)

Theory: Weighing and Measuring

Key Topic 1

Introduction to Food & Nutrition

Introduction to Food & Nutrition

Theory: Personal Hygiene, Cleaning & Routines

Practical: Sandwich and Hot Drink (key skills: personal hygiene, kitchen H&S, cleaning)

Theory: Hazards in the Kitchen

Practical: Fruit Salad (key skills: knife skills & enzymic browning)

Practical: Pizza Muffins (key skills: using the grill)