

Cooking and Nutrition

KS3

What will I learn?

Students will build on the skills learnt at middle school towards those required for GCSE Food Technology or GCSE Catering. Students will;

- Be able to produce food products by selecting and using equipment and machinery safely and in accordance to basic food hygiene rules.
- Understand what “Healthy Eating” means and how it can be implemented in a person’s lifestyle, including seasonal foods.
- To investigate different cultures to find out a variety of values, needs and wants.

What will I do?

Students will carry out a 15 lesson module and complete a design and make project which will be focused on sustainability and seasonal foods. Within this task students will gain knowledge about food safety and hygiene, food and nutrition and the importance of a healthy diet, as well as the importance of eating seasonal foods. Throughout the project there will be plenty of opportunities to cook a range of food products using seasonal ingredients (with the aim of cooking products which students have designed themselves). Students must provide their own ingredients for these practical lessons.

How will I be assessed?

Students will complete a series of A3 worksheets to include research, design and evaluation, including homework tasks. This work will be marked regularly using Key Stage 3 levels based on the Design Technology National Curriculum 2014. Practical work will also be assessed by the teacher as well as peer assessment.