

PRIOR LEARNING

Nutrition, healthy eating, Eatwell guide, food hygiene and safety, food spoilage and contamination, micro organisms, special dietary requirements. Practical: savoury bites, scones, pizza, bread rolls, roulade and pasta bake

FUTURE LEARNING

High level practical work, science of foods, functions of ingredients, nutritional needs

CROSS CURRICULAR LINKS

Maths: Weighing and measuring, ratios, cutting and shaping.

Science: Chemistry of food

English: leaflet, poster and evaluation

DESIGN & TECHNOLOGY: YEAR 7 FOOD

MAKE



Calzone, Lasagne and Victoria sponge cake

- knife skills
- weighing and measuring
- icing piping
- creaming method cake
- gelatinisation
- meat sauce
- garnishing



EVALUATE

All practical work:
Calzone, lasagne and cake.
(remember to take a photograph for evidence)



TECHNICAL KNOWLEDGE

Micro and macro nutrients
Versatility of eggs
Sustainable foods

EVIDENCE IN BOOK



☐ EVALUATION OF PRACTICAL WORK
DATE SET:

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DATE SET:

☐ EGG / SUSTAINABLE FOODS LEAFLET
DATE SET:

☐ END OF UNIT TEST
DATE SET:

TOOLS, EQUIPMENT & PROCESSES

Bridge and claw grip
Scales
Mixing bowl
Measuring jugs
Frying pan

Saucepan
Wooden spoon
Spatula
Electric whisk
Proving

Combining
Garnish
Piping icing
Decorating

CAREER LINKS, INDEPENDENT STUDY IDEAS

- Chef
- New food design
- Nutritionist
- BBC Good food
- Trial recipes

DT 3 MSS SAVAGE



KEY WORD	IMAGE	DEFINITION	KEY WORD	IMAGE	DEFINITION
Protein		Any of a class of nitrogenous organic compounds that have large molecules composed of one or more long chains of amino acids and are an essential part of all living organisms. Needed for growth and repair.	Diabetes		Diabetes is a chronic metabolic disease characterised by elevated levels of blood glucose (blood sugar), which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves.
Biological value		Is a measure of the proportion of absorbed protein from a food. High biological value comes from animals and Low biological value comes from plants.	Organic		Foods or farming methods produced or involving production without the use of chemical fertilisers, pesticides or other artificial chemicals.
Amino Acids		These are building blocks of protein.	Genetically modified		GM foods are foods derived from organisms whose genetic material (DNA) has been modified in a way that does not naturally occur.
Fat soluble vitamins		A, D, E and K dissolve in fat not water.	Sustainable foods		Sustainable food is about food culture and how decisions made about growing, buying, storing, cooking and wasting food today will impact future generations.
Gelatine		Although produced from an animal, it is classified as low biological value protein as it doesn't contain all the essential amino acids	Versatility of eggs		The many ways eggs can be used in cooking from mayonnaise to cakes and quiche. Emulsification, aerating, coagulating, binding, enriching...