

KESTEVEN AND SLEAFORD HIGH SCHOOL

Food Science & Nutrition Scheme of Learning

Year 7 – Rotation Unit 1

Intent – Rationale

The Food rotation is designed to provide an understanding of Health & Safety/ Food Safety in this area. This unit will develop the awareness of foods that are produced, prepared and eaten in their day to day lives. The ability to understand a food label, cost dishes and be able to analyse basic recipes.

Sequencing – what prior learning does this topic build upon?	Sequencing – what subsequent learning does this topic feed into?		
<ul style="list-style-type: none"> • Projects from primary school • PSHE lessons covering Healthy Eating • Students may have prior knowledge of Health & Safety from previous rotations. • Previous use of computers for research and documents 	<ul style="list-style-type: none"> • All food preparation throughout school & life • Students will be able to work independently and safely to produce food for themselves and others. 		
What are the links with other subjects in the curriculum?	What are the links to SMSC, British Values and Careers?		
<ul style="list-style-type: none"> • English – reading and interpreting recipes • Geography- Local Foods / Imports & Exports / Seasons • Science -functions of ingredients • Mathematics – costings 	<ul style="list-style-type: none"> • SP1 / C1 /C2 reflective of others beliefs • SP2 enjoyment & fascination • SP3 imagination & creativity in making • SP4 evaluation • SO1 team work • SO3 skills & attitudes 	<ul style="list-style-type: none"> • BV 2 food labelling & handling • BV3 freedom to adapt to needs • BV4 working with others 	<ul style="list-style-type: none"> GB4 a) communicate with others GB4d) organise, plan GB4e) when things don't go to plan GB4f) never giving up GB4g) Teamwork through practical's GB4h) food labelling & costing

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What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?	What are the opportunities for developing mathematical skills?
<ul style="list-style-type: none"> • Reading & following recipes • Use of descriptive words within evaluations <p>FROM THE LIBRARY-</p> <p><i>Are you what You eat; A, Hildyard-613</i> <i>Fats for a healthy body; J, Powell-613.2</i> <i>Food and Diet in the UK; C, Acred-305</i> <i>Food; L Buller-614.3</i> <i>Olive; From the magazine section</i></p>	<ul style="list-style-type: none"> • Costing exercises • Weighing and measuring • Percentages / proportions

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What knowledge will students gain and what skills will they develop as a consequence of this topic?
<div style="text-align: right;"><u>Know</u></div> <ul style="list-style-type: none"> • How to safely use knives & equipment • The key points on food labels • How to calculate the cost of a recipe • How to prepare food safely • The need for evaluations for reflection <div style="text-align: right;"><u>Apply</u></div> <ul style="list-style-type: none"> • Working safely in the food room • Using equipment to prepare foods • Evaluations for development

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<ul style="list-style-type: none"> • Produce costing tables & food labels • To produce a range of practical outcomes independently • Adapting recipes for the needs of others <p style="text-align: right;"><u>Extend</u></p>		
What subject specific language will be used and developed in this topic?		What opportunities are available for assessing the progress of students?
<ul style="list-style-type: none"> • Specific equipment • Bridge & Claw • Evaluation • Food P6- CAD (Computer Aided Design) • Eatwell Guide 	<ul style="list-style-type: none"> • Temperature • Oxidisation • Bacteria • Proteins • Fats • Carbohydrates (CHO) 	<ul style="list-style-type: none"> • Homework tasks • Practical Outcomes • Mid project Reviews • Written outcomes • End of Project Reviews.

Year 7 – Rotation

Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
1.Introduction to Food	To understand the difference between 'Food Safety' & 'Health & Safety'	To apply learning to a wider range of situations in the classroom	a) Complete worksheet alongside DVD – 'BAD FOOD LIVE' (Food Safety) b) Health & Safety worksheet
2.Familiarisation	Use of 'Bridge' & 'Claw' Identifying the key areas of the room	Identifying the functions of some equipment	Teacher Dem – preparation of some fruits

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			Recipe for practical Familiarisation with working units / groups and the classroom
3. Produce a dish to demonstrate the use of knife skills	Use of knives/ peelers/ corers to produce dish in timescale	Use variation of knives & equipment independently	Practical making of fruit salad Evaluation guide sheet / writing evaluation
4. Eatwell Guide	To gain knowledge and understand the importance of a balanced diet	To be able to identify food groups within the Eatwell Guide – Protein / Fats / CHO	Eatwell Guide into book Write diary of intake from previous day & place into own Eatwell Guide.
5. Safe use of the hob	To safely and independently produce a pasta salad within the timescale. Handling boiling water / draining / hot pan	Giving a focus to the presentation of the finished product / being able to identify the main nutrient groups	Producing a pasta salad with good use of colour & texture. Peer reviews Issuing of merits
6. Costing	To know & understand how to cost a dish.	Can independently produce a costing table and cost the ingredients in recipe / show adaptations. Weights & measures.	Costing exemplar sheet Use of computers – produce table & supermarket websites
7. Seasonality	To identify the seasons / why the seasons impact on food production in the UK	Identify with different seasons in other countries – what food is produced	Students produce a table of seasonality foods for fruits & vegetables. Independent research using computers
8. Heat Transference	Use of a microwave & oven to demonstrate radiation & convection	Selection of more than one fruit based on seasonality to prepare using prior learning of knife skills.	Through the making and cooking safely of a fruit crumble – recipe sheet issued
9. Consistency & Portioning	Revisiting 'Rubbing in Method', ensuring consistency and portions	Introducing ingredients from Local Area & Seasonality/ Adapting Recipes	Practical 'Scone Making' – adapting recipe to meet the needs of consumers