

## Primary workshops

We have invited our local primary schools to attend our food technology workshops.

Year 7



## Wild about Lawnswood transition unit

We designed and made animal themed biscuits.

We study all aspects of Food Technology looking at food hygiene and safety, nutrition and the reasons we use ingredients in recipes.

*Products we often make*

- Fruit salad
- Fruit crumble
- Scones
- Scone based pizza
- Fruit crumble
- Pasta Bolognese
- Bread based pizza made using yeast

### Extended task

To design and make a pizza that could be sold as part of a “party range “at a local takeaway pizza shop.

## Year 8

We build on skills and techniques taught in Year 7. The students are expected to study the theory of food preparation, We study the functions of ingredients in the theory and practical lessons.

*Products we often make*

- Pasta salad or potato salad
- Mexican chicken wraps
- Muffins
- Curry
- Jam tarts
- Pizza toast (use of the grill)

### Extended task

Design and make a multi-cultural cook chill savoury meal that could be sold in a local supermarket as a single por-



## Year 9

In Year 9, pupils undertake three projects. The course is designed to build on their KS3 studies whilst introducing new vocabulary, knowledge and skills required for the GCSE in Food Preparation and Nutrition. The purpose of this is to teach the basic skills, knowledge and understanding of food as well as helping them to make an informed choice when deciding which option subjects to study in Year 10.

### Project 1 focuses on food preparation and nutrition

We study hygiene and safety, nutrition and special dietary needs. This module prepares and informs students about the type of practical and theory work covered in Year 10 and 11.

In this module they also conduct sensory testing considering taste, texture and smell to decide how to season dishes and combine ingredients. We encourage students to adapt and use their own recipes.

### Project 2: Food for Living

Students are taught how to cook and apply the principles of good nutrition, looking at diet and nutrition through the life stages.

Students are expected to look at wise shopping, menu planning and the budget management of the household food bill.

We use a range of recipes that show skill and use a variety of ingredients.

### Project 3: GCSE style project

Students are given a brief to design and make a starter, main course and dessert that could be served at a local Italian restaurant. They decide how to season dishes and combine ingredients. We encourage students to adapt and use their own recipes and ingredients.



**In Year 7 and 8** pupils study Food for a third of the year in mixed ability classes in a carousel  
 In Year 9 students experience food / textiles / product design for 8 weeks before they choose their options

We offer the GCSE AQA Food Preparation and Nutrition in Year 10 .

**Practical lessons**

Students are always given at least one week's notice of the ingredients needed before a practical lesson. Students are expected to provide their own ingredients. Please check your child's planner for information about practical lessons.

**Useful websites**

- British Nutrition Foundation – [www.nutrition.org.uk](http://www.nutrition.org.uk)  
Provides useful nutrition information.
- Food Standards Agency – [www.eatwell.gov.uk/healthydiet/eatwellplate/](http://www.eatwell.gov.uk/healthydiet/eatwellplate/)  
The eat well plate shows the types and proportions of foods needed for a healthy and well balanced diet.
- NHS 5 A Day – [www.5aday.nhs.uk](http://www.5aday.nhs.uk)  
Introduction to 5 A DAY portions of fruit and vegetables, including portion size, what counts and recipes.
- Recipe ideas and ingredients information : [real-food.tesco.com](http://real-food.tesco.com)

**Food Curriculum Key Stage 3**

In Food Technology lessons pupils are taught how to cook and apply the principles of nutrition and healthy eating. We inspire a love of cooking, encouraging creativity, and experimentation with a wide range of ingredients.

We believe learning how to cook is a crucial life skill that enables pupils to feed themselves and others. We promote the importance of both independence, and team work.

**Our Curriculum aims**

- To understand and apply the principles of nutrition and health.
- To cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.
- To become competent in a range of cooking techniques , selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways.
- To do sensory testing consider taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
- To understand the source, seasonality and characteristics of a broad range of ingredients.



**Lawnswood School**

**Key Stage 3**

**Food and Nutrition**

**Key Stage 4**

**Food Preparation and Nutrition**

