



Subject:	Food, Nutrition and Cooking
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Head of Department:	Mrs Camborne-Paynter
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Year:	Seven
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Curriculum organisation
Students are taught in form groups of 18-22 students for two lessons a week. Pupils work on a carousel system and rotate between Food, Textiles and Product Design.

What topics will your daughter be studying this year?	How will your daughter be learning?
<p>Food, Nutrition and Cooking consists of two main units:</p> <p>Food safety, hygiene</p> <ul style="list-style-type: none"> • Safe food preparation and storage • Basic equipment • Personal hygiene <p>Healthy eating</p> <ul style="list-style-type: none"> • The Eatwell Guide and recommendations for a healthy diet • Food groups and nutrients • Starchy foods • Potential problems and health conditions associated with a poor diet and lifestyle • Function of basic ingredients 	<ul style="list-style-type: none"> • Whole class discussion • Pair work • Problem-solving tasks • Extended writing tasks • Practical activities • Independent research and analysis

Equipment needed for lessons	What can you do to support your daughter?
<ul style="list-style-type: none"> • Standard school stationery • Calculator • Ingredients and specialist dishes for practical activities 	<ul style="list-style-type: none"> • Encourage her to go shopping with you • Encourage her to cook at home either helping you or independently • Watch topical and practical food programmes on the television together and talk about the subject matter • Discuss how you think food products are made and what the ingredients contribute to the finished product.

How will learning be assessed and progress measured?	Extension & Enrichment opportunities
<ul style="list-style-type: none"> • Baseline assessment in Autumn half-term 1 • Students will peer-mark some exercises • Practical outcomes made in school • Key homework tasks will be graded using the WKGS Grading Criteria 	<ul style="list-style-type: none"> • Lunchtime Design and Technology Seasonal Club • Weekend enrichment opportunities offered through WKGS Gifted and Talented

If you have any questions about this Learning Overview, please contact the named Head of Department above.