

DMS Curriculum Plan

SUBJECT: **Food and Nutrition**

At Dorchester Middle School, as part of our planning in Design Technology we ensure that pupils can remember more and learn more by weaving knowledge and skills throughout units of learning so that children have time to practice, discuss, reflect and revisit what they have been taught. We carefully follow the National Curriculum and ensure learning is progressive and sequential, giving pupils the opportunity to build on and apply previous knowledge in all units before developing further skills in this subject.

Key Skills in this subject are:

KEY SKILL	EXPLANATION
Independent learning	By the end of the rotation, pupils will have grown in confidence and independence. They will know how to use the kitchen safely and where to independently locate the equipment and resources they will need to succeed in the lessons. They will develop resilience and problem - solving skills by engaging in practical design and making activities that support curricular learning at secondary education level. The curriculum is designed to encourage the development of important life skills in a practical, enjoyable and meaningful way.
Knowledge of specialist utensils and equipment	They will have experienced using a range of specialist utensils and equipment. They will learn the correct names of utensils, specialist equipment, techniques and processes. They will know how to work safely and efficiently in the specialist kitchen and develop skills to use these with skill and accuracy.
Research and Design	They will have followed the design process in order to engage in the iterative process of adapting and making. For their practical projects, they will have researched, written and developed their own recipes, analysed healthier approaches to existing dishes, and the impact these may have on health and also the environment. They will have used a variety of ideas and examples for presenting the final product.
Making	They will have individually and as a team, made unique high-quality dishes. They will have developed and mastered a growing range of skills and techniques. Practical outcomes will be photographed, reviewed and recorded in their books.

Evaluating	They will be able to use their inquisitive minds, to evaluate their dishes and analyse their own dishes and working methods. They will be able to talk and write about their research, ideas and techniques, reflecting upon their personal thoughts. This would include successes, challenges and improvements with the ability to set their own targets. They will be able to analyse how the dishes meet the brief. They will be using key vocabulary alongside developing their spelling confidence.
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- ✓ Knowledge pupils will have learnt by the end of each half term.
- ✓ Summative assessment completed by pupils to check their learning each term.

	Year 5	Year 6	Year 7	Year 8
KNOWLEDGE	<p>To know how to work safely and hygienically in the specialist kitchen.</p> <p>Know the correct names of tools and equipment in the kitchen.</p> <p>Know how to be creative in presenting dishes.</p> <p>To know how to understand the basic principles of a healthy and varied diet to prepare dishes.</p>	<p>To know how to use the kitchens safely and hygienically.</p> <p>Know the correct names of tools and equipment in the kitchen and which to select for each process.</p> <p>Know the correct techniques for a wider range of cooking methods.</p> <p>Know how to extend skills in creative presentation.</p>	<p>To know how to use the kitchens safely and hygienically working with confidence. To know how to identify hazards and danger zones in a professional kitchen environment.</p> <p>Know the correct names and uses of tools and equipment in the kitchen. To know how to use each piece with confidence for each process including electric hand blenders. Know the correct techniques for a wider</p>	<p>To know how to use the kitchens safely and hygienically working with confidence and a deeper understanding of the impact this has if not applied correctly.</p> <p>Know how to be fluent with the correct names and uses of tools and equipment in the school kitchen and beyond. To know how to master each piece with confidence for a wide range of processes and higher level skills.</p>

	<p>To know how to read and understand a simple recipe.</p> <p>To know how to measure and weigh ingredients.</p> <p>How to work both independently and in a group in order to achieve a quality practical outcome.</p> <p>Know key generic design vocabulary relating to food.</p> <p>Know how to evaluate ideas and products reflecting upon their work using written and sensory analysis.</p>	<p>To know how to read and understand a more complex recipe.</p> <p>To know how to measure and weigh ingredients accurately and confidently.</p> <p>How to work more independently in a group in order to achieve a quality practical outcome.</p> <p>To know a wider range of key vocabulary relating to food.</p> <p>Know how to evaluate ideas and products reflecting upon their work using written and sensory analysis.</p>	<p>range of cooking methods.</p> <p>Know how to research using the internet and books to extend skills in creative presentation.</p> <p>To know how to read and understand a more complex recipe and how to develop ideas for their own dishes.</p> <p>To know how to measure and weigh ingredients accurately, independently and confidently.</p> <p>How to work extend independent working techniques and group work in order to achieve high quality practical outcomes.</p> <p>To know an advanced range of key vocabulary relating to food manufacturing and production.</p> <p>Know how to evaluate ideas and products in a variety of ways</p>	<p>Know how to research using the internet and books to further extend skills in creative presentation.</p> <p>To explore macro and micro nutrients and their role in a healthy diet.</p> <p>To know how to read and understand a more complex recipe and how to develop ideas for their own dishes including using raw meat and spices.</p> <p>To know how to measure and weigh ingredients accurately, independently and confidently.</p> <p>To know how to use accurate measuring and weighing skills for more specialised product development.</p> <p>To know a good range of key vocabulary relating to specialised food manufacturing and production.</p>
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			reflecting upon their recipes and end products using written and sensory analysis.	Know how to evaluate ideas and products through profiling, reflecting upon their recipes and end products using written and sensory analysis of their own and through third parties.
SKILLS	<p>To use the specialist kitchen safely.</p> <p>To research and design original ideas for celebration biscuits and present them creatively.</p> <p>To be able to select the correct equipment for working with food.</p> <p>To learn key generic design vocabulary relating to food including sensory words.</p> <p>To be able to plan and make sweet and savoury dishes for a healthy lunchbox.</p> <p>To explore a range of food types they can use for their recipes and be able to prepare them,</p>	<p>To be able to use the specialist kitchen safely and confidently using a deeper understanding of risks associated with food poisoning and health and safety.</p> <p>To learn about the eat well plate and how to create healthier menus in the home and business context.</p> <p>To be able to select the correct equipment for working with food and recall the names.</p> <p>To be able to plan and make mostly savoury dishes using a range of seasonal and healthy ingredients.</p> <p>To explore a wider range of food types</p>	<p>To be able to build on the knowledge of using the specialist kitchen safely and confidently using a deeper understanding of risks associated with food poisoning and health and safety.</p> <p>To learn about healthy eating on a budget.</p> <p>To understand the top tips of shopping on a budget.</p> <p>To be able to build on the knowledge of selecting the correct equipment for working with food and recall the names.</p> <p>To explore a wider range of mostly savoury</p>	<p>To be able to master the use of specialist kitchens safely and confidently using a deeper understanding of risks associated with food poisoning, raw food preparation and health and safety in a business.</p> <p>To be able to build on the knowledge of selecting the correct equipment and techniques for working with food and recall the names.</p> <p>To learn about wholefoods and diet in relation to healthy eating and the impact it has on the body.</p> <p>To be able to understand how to read</p>

	<p>using different cutting and cooking techniques.</p> <p>To be able to evaluate their ideas and products and consider the views of others to improve their work.</p> <p>To be confident and independent cooks.</p>	<p>they can use for their recipes and be able to prepare them, using different cutting and cooking techniques including oven, hob and grill methods.</p> <p>To be confident when evaluating their ideas and products and consider the views of others to improve their work.</p> <p>To be creative, confident and independent cooks.</p>	<p>dishes, building on what they already know.</p> <p>To explore bread baking and learning how to use the different techniques and processes for different dishes.</p> <p>To be confident in using the different cutting and cooking techniques to create a variety of high-quality dishes.</p> <p>To be creative in researching and investigating how to design, bake and decorate muffins and cakes.</p> <p>To build on being confident when evaluating their ideas and products and consider the views of others to improve their work.</p>	<p>labels on products and understand the traffic light system.</p> <p>To explore an even wider range of mostly savoury dishes and some healthier sweet dishes to expand their repertoire.</p> <p>To be creative in researching and investigating how to plan a meal for different diets and different nutritional needs.</p> <p>To be confident when evaluating their ideas, ingredients and products, and consider the views of others to improve their work.</p> <p>.</p>
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SUMMATIVE ASSESSMENT 1	This will be based on their design technology workbooks, continuous work and final assessment. The Food Technology work books are used each year to highlight progression.			

Curriculum Enrichment Trips	Using the kitchen garden, starting the farm to fork project. Engaging with local growers, producers and restaurants.
Maths	Weighing, measuring, timing, adding and subtracting.
English	Key word spellings, writing in full sentences, SPAG, writing extended paragraph for evaluations, and annotating. Using specialist language for food. Glossary of terms and key spellings for reference in books.
Science	Properties of ingredients and chemical processes. Environment and health issues, food production and animal welfare.
Art	Presentation of original design ideas. Graphic designs. Creative presentation, working with texture and colour.
Geography	How and what we grow. Kitchen garden project.
ICT	Research and investigation using the internet. Recipe design.