

SUBJECT: Food Studies

YEAR GROUP: 8



Overview:

In Food Studies at KS3 we look at how to develop in our students a sound understanding of food and the important role that food plays in a healthy lifestyle. Year 8 students develop skills taught in Year 7 and enhance their independence when working in the kitchen.

Lessons are a mixture of practical and theory work and students learn to prepare a range of mainly savoury dishes. Ingredients are provided, but students are expected to bring a container to take their food home in.

Food Studies is taught on a Design & Technology carousel throughout the academic year along with Computer Technology and Product Design; students spend a term in each area.

PROGRAMME OF STUDY

During the Food Studies rotation students will:

- Demonstrate knowledge of the 4C's of food safety and explain how they help to prevent food poisoning.
- Identify the conditions required for the growth of microorganisms that are both harmful and beneficial to food preparation.
- Describe a range of raising agents used in food preparation and explain how they work.
- Explore the functions of ingredients used in baking and demonstrate through scientific investigation.
- Examine the role of macro and micronutrients in the diet, describing their classification, functions and sources.
- Recognise the information presented on food labels and identify what is legally required.
- Continue to build and apply a repertoire of food preparation skills such as:
 - Knife skills: vegetable cutting styles (practical application: stir-fry, potato wedges)
 - Safe handling of raw meat (practical application: stir-fry, chicken goujons)
 - Combine and shape ingredients (practical application: bread, chicken goujons)
 - Use of raising agents (practical application: yeast doughs, swiss roll)
 - Dough making (practical application: yeast bread, pizza base)
 - Sauce making (practical application: béchamel for pasta bake)
 - Testing for doneness using a variety of methods (press test, temperature probe)
 - Applying a variety of finishing techniques (practical application: bread, swiss roll)

METHOD OF ASSESSMENT

- Completion of work in individual subject booklet
- Class discussions
- Self and peer marking
- Reviewing knowledge and skills acquired during the term
- Successful outcome of food products from following step-by-step instructions given by the teacher
- Self-evaluation of food products identifying successes and targets for improvement
- Weekly homework monitoring
- Mid-term and end of term assessments