

KS3 Project Scheme 2018/19

Food	Delicious and Nutritious		Year 7	12-14 weeks	4A – 6C
<p>Design</p> <p>Students will design a product that will contain all the macro and micro nutrients required for healthy teenagers.</p>	<p>Making</p> <p>Students will make a variety of dishes that will build up their skills and confidence when handling ingredients.</p>	<p>Evaluating</p> <p>Students will evaluate a number of their products using a variety of methods including sensory testing activities and verbal feedback from their family.</p>	<p>Technical Knowledge</p> <p>Students will learn the key skills required to produce products, including chopping, slicing, grating, mixing, sieving, binding and using the oven safely.</p>		
<p>ICT skills</p> <p>Use of the nutrition program to produce a traffic light label for a specific product</p>	<p>Activity</p> <p>Producing a variety of food dishes</p> <p>Using the computer to produce labels</p> <p>Carry out sensory tests</p> <p>Experiments on food</p> <p>Washing up!</p>		<p>Skills and Knowledge</p> <p>Self management of time to ensure all practical work is completed</p> <p>Knowledge of the essential nutrients needed by teenagers and how to ensure they eat enough each day</p> <p>Use of computer programs to record their diet and look at the nutrients in the food they produce.</p> <p>Build up practical skills using the basic pieces of equipment in the food tech room</p>		<p>Health and Safety</p> <p>Training given for all equipment used. Careful supervision during practical work</p>
<p>Extension work</p> <p>Variety of extension work sheets available</p>	<p>Prior knowledge</p> <p>Variable depending on home situation</p>		<p>Differentiation</p> <p>Opportunities in practical activities/design work</p>		<p>PLTS</p> <p>Team Worker – Working in a table team to produce their products and clear up effectively</p> <p>Self Manager – Organised to bring ingredients, weighed out and on the correct day.</p>