

KS3 Project Scheme 2018/19

Food	Science of Cooking Food		Year 8	12-14 weeks	5A – 7C
<p>Design</p> <p>Students will design a product that will contain seasonal foods and use a variety of cooking methods.</p>	<p>Making</p> <p>Students will make a variety of dishes that will use a variety of cooking methods and build up their skills and confidence when handling different 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 and friends.</p>	<p>Technical Knowledge</p> <p>Students will learn the key skills required to produce complex products, focusing on:</p> <p>Protein, Fat & Carbohydrates</p> <p>NSP</p> <p>Raising Agents</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 macro 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 and how to develop it to make it more nutritionally suitable for teenagers.</p> <p>Build up practical skills using a variety of specialist equipment in the food tech room</p>		
<p>Extension work</p> <p>A range of work sheets available to develop knowledge further</p>	<p>Prior knowledge</p> <p>Basic cooking skills and nutritional information</p>		<p>Differentiation</p> <p>Opportunities in practical activities/design work</p>		
<p>Opportunities for LAC</p>			<p>Health and Safety</p> <p>Training given for all equipment used. Careful supervision during practical 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>		