

Woodbrook Vale School Food Prep & Nutrition



Year 7

Year 8

Year 9

Food safety & hygiene
Skills Learnt Knife skills and general safety
Impact Carrot cuts, Salad & Theory Assessment
Communication, Reading, Practical Skills, Writing

Skills Learnt Analyse the Eatwell guide and investigate seasonality
Impact Seasonal soup & Theory Assessment
Communication, Reading, Practical Skills, Writing, Sustainability, Wellbeing

8 Tips for Eating Well
Skills Learnt Application of the 8 tips for eating well to student lifestyle & adaptation of seasonal soup recipe
Impact Accuracy of application and adaptation & Theory Assessment
Communication, Reading, Practical Skills, Writing, Wellbeing

Skills Learnt 'Great globs of gluten' food science experiment
Impact Bread making experiment & Theory Assessment
Communication, Reading, Practical Skills, Writing, Numeracy

Planning for Practicals
Skills Learnt Create a plan of action for a pasta bake
Impact Completion of planning and outcome of practical
Communication, Reading, Practical Skills, Writing, Numeracy, Moral Compass

Skills Learnt Macro-nutrients in a balanced diet
Impact Bread making experiment & Theory Assessment
Communication, Reading, Practical Skills, Writing, Numeracy

British Cuisine
Skills Learnt Researching traditional food production in the UK
Impact Sweet or savoury scones & Theory Assessment
Communication, Reading, Practical Skills, Writing, Numeracy, Wellbeing

Eatwell guide & seasonality

Gluten Experiment

Macro-nutrients

Temperatures & storage
Skills Learnt Food safety activities
Impact Safely preparing a curry & Theory Assessment
Communication, Reading, Practical Skills, Writing

Skills Learnt Independent research into a chosen country's cuisine
Impact Successfully cook a stir fry & Theory Assessment
Communication, Reading, Practical Skills, Writing, Sustainability

Sensory Analysis
Skills Learnt Understand how to analyse a food product using sensory descriptors
Impact Analyse two different soup products & Theory Assessment
Communication, Reading, Writing

Skills Learnt Using software to analyse the key nutrients required for a balanced diet
Impact 'Explore food' food label & Theory Assessment
Communication, Reading, Numeracy, Writing

Food Miles
Skills Learnt Understanding the impact of food importation
Impact Theory Assessment & Practical pizza
Communication, Reading, Writing, Numeracy, Practical Skills

Skills Learnt Merge two recipes into one seamless plan of action
Impact Practical fajitas & Theory Assessment
Reading, Writing, Practical Skills, Wellbeing

Plan own dish
Skills Learnt Create a dish using a range of practical skills
Impact Practical assessment & Theory Assessment
Reading, Writing, Practical Skills, Wellbeing

International Cuisine

Nutritional Analysis

Dovetail Plan

Vitamins & Minerals
Skills Learnt Identify the main vitamins & minerals
Impact Practical fruity muffins & Theory Assessment
Communication, Reading, Practical Skills, Writing, Wellbeing

Skills Learnt Identify the 3 macro-nutrients required for a healthy balanced diet
Impact Practical tagine & Theory Assessment
Communication, Reading, Practical Skills, Writing, Wellbeing

Mini NEA2 Project
Skills Learnt Explore GCSE controlled assessment
Impact Final practical dish
Communication, Reading, Practical Skills, Writing, Numeracy

Skills Learnt Understand the properties of pastry products
Impact Practical high risk dish & Theory Assessment
Communication, Reading, Practical Skills, Writing

Food Production
Skills Learnt Identify primary and secondary processing
Impact Practical Assessment Chelsea Buns & Theory Assessment
Communication, Reading, Practical Skills, Writing, Sustainability

Macro-nutrients & fibre

Pastry

In ADT students are given the opportunity to experience Fine Art, Design Technology, and Food and Nutrition. A predominantly practical curriculum, students learn skills which build throughout key stage 3 and prepare them for possible option choices at key stage 4.

We expect students to be independent learners and foster individuality, creativity and resilience across a broad range of projects. The course has been sequenced to enable students to grow and develop their understanding of the formal elements in each subject area, as well as the work of artists, chefs and designers, building knowledge, which informs their choice in practical activities.