

KS3 Food and Nutrition

Subject Lead contact information	Phone: 01908555626	Email: cstrain@thehazeleyacademy.com
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Examination Board	n/a	Specification Code	n/a
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Subject Content:
 Food and Nutrition combines aspects of food science, nutrition and cooking skills and is designed to develop in our pupils the knowledge, understanding and competences which will improve their quality of life.
 In year 7 students will learn basic cooking skills with focus on chopping skills, handling raw meat and using a variety of pieces of kitchen equipment. Student will also study The Eat well guide and look at the nutritional requirements of individuals.
 In year 8 students will carry out a series of small projects that will prepare them for GCSE. Students will build on the skills learnt in year 7 with a greater emphasis on food science and nutrition.

Additional Equipment Needed:
 Student will be required to bring the necessary ingredients to class each week along with an air tight container to take their dishes home in. We recommend these containers are also labelled with the student's name.

Assessment Details:

Student will be assessed on both their written work and practical work. To be successful students will need to be able to:
 Be prepared for lessons and be well equipped
 Carryout practical work with high regard for health and safety
 Work independently to a good standard
 Carryout written work to a high standard which will be internally assessed.

What can I do to support my child at home?

Students should be encouraged to help out with the cooking at home and practice their new skills learnt in class. Taking an interest in the many food related and television programmes, watching and discussing them with your child/children can also be useful. Support will be vital in helping to organise practical ingredients for all required lessons and ensuring that resources provided by the department are looked after and used appropriately.

Recommended resources for the course:

Websites:
www.bbcgoodfood.com

Books:

Teaching Staff Contact Details

Name	Role	Email	Tel
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Additional Information:

