

## What will Year 7 students learn and how many lessons will they have each week?

Year 7 Students will have two DT Food lessons per week in which they will learn about the principles of nutrition and health and understand the source, seasonality and characteristics of a wide range of ingredients. They will cook a repertoire of predominantly savoury dishes so they are able to feed themselves and others a healthy diet. Throughout Year 7, students will become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes].

## What will Year 7 students need to bring with them to lessons?

Students will need:

- Blue/Black biro
- Pencil, eraser, sharpener
- Coloured pencils
- Ruler
- Ingredients and container (if cooking)
- Hairband for long hair (if cooking)

## Will Year 7 students have homework in this subject? How much?

In order to reflect and consolidate their knowledge and prepare for upcoming lessons, students are required to undertake one piece of homework in Food each week. This will take the form of written work, design ideas or revision for assessments. Students should also measure out and pack up ingredients for practical lessons.

## How can I support my child at home with their learning in this subject?

As a parent, you can effectively help with your child's learning by checking through their completed homework - have they read the task correctly and included all required information? Supporting your child by asking them relevant questions when they are revising is also a great help. On those weeks when your child is cooking, getting your child to measure out and pack up the ingredients at home will also benefit them in their practical lessons.

## What opportunities are there for further study and careers in this subject?

KS3 Cooking and Nutrition gives students the opportunity to develop not only valuable knowledge about Food, but also their practical making skills. Students may continue to study DT Food Preparation and Nutrition to GCSE and A-Level. Food is an obvious preparation for the future - a food qualification can lead to a range of career opportunities within the food industry - such as food technologist, dietetics and sports nutrition, hotel and catering management, retailing, as well as the many careers related to food production. It will also train you in a variety of skills from decision making, to problem solving and teamwork - all of which are important life skills.