YEAR 7 DESIGN AND TECHNOLOGY

KING JAMES'S SCHOOL

KNARESBOROUGH

Name:

Teacher: Class:

During year 7 you will study 4 different aspects of Design and Technology:

Food | **Textiles** | **CAD/CAM** | **Workshop** (Nightlight)

This will be your first unit in the Food classroom. You will learn the rules of how to safely work in this enviroment. You will also learn how to safely use the equipment in the room but produce a variety of dishes. You will also study supporting theory work based on the Eatwell guide and nutiriton.

CONTENT

Health and Safety

Food, Personal and Kitchen Hygiene

Understanding of the Eatwell Guide

Healthy eating principles

Nutritional awareness

Meal planning for balanced diets

SKILLS

Food preparation skills

Knife skills

Recipe interpretation and following instructions

Ingredient measuring and portion control

Cooking skills

Time management in food preparation

Key Vocabulary

Nutrients
Eatwell Guide
Recipe
Ingredients
Hazards
Health and Safety
Method
Melting
Rubbing-in