



Edwinstree Middle School

Design and Technology Department



KS3

Yr 8 Food Materials:

Healthy Eating Initiative:

Video: Bad Food Live

Pyramid Power: Diet and Nutrition

ICT: Boardworks: Nutrition

Tasting: Raw Vegetables with selection of dips.
Analyze the nutrients within the dips.

Safe cooking of high risk food:

Understanding cross contamination risks.

FPTs: Chicken Legs + design salad. Use of digital thermometer to check temperature and clear juice.
Making and cooking burgers using mince. Clear juices.

Focused Practical Tasks: Decision making, Timed targets Limitations and Consumer demands.
Own choice of recipes following set criteria.

Cultural dishes

E.g. Curries, stir fries, pasta dishes, etc.

Evaluating: Constructing evaluations to show reasons for choices and understanding of healthy life-styles.

ICT: Boardworks: Special Diets

Design Brief: 3 course Meal based on healthy choices and special diets:

Pupils to design 3 course meal, annotate Food Pyramid to show understanding of nutrition requirements.

FPT: To make meal over 3 sessions, present, record and evaluate.