



# Curriculum Overview

## Curriculum Area: Design Technology Year: 7

### Year 7 Curriculum: Food and Nutrition

All pupils will learn about how to be safe in a busy practical kitchen environment and will demonstrate awareness and understand of potential hazards and how to reduce risks. Pupils will begin to learn how to use basic kitchen equipment such as a vegetable knife and will learn the basic holds to remain safe when cooking as well as the main equipment used to prepare and cook food.

Pupils will learn the definition of a healthy balanced diet and will learn about the Eatwell Guide and its purpose. They will also learn and develop knowledge on food hygiene when preparing, cooking and serving food including personal hygiene and developing knowledge on the 4 C's to ensure the food they make is safe to eat.

Pupils will learn what macro nutrients are, be able to name a food we obtain each from and understand their use in the body.

Pupils will plan a meal based on a specific requirement. This will all be underpinned by pupils learning and developing a range of skills and techniques to successfully make the following dishes: pasta salad, pizza toast, scones, tomato sauce with pasta, their own dish based on a brief and fruit muffins.

#### Links to the KS3 National Curriculum

Understand and apply the principles of nutrition and health.

Cook a repertoire of predominantly savoury dishes so that they can feed themselves and others a healthy and varied diet.

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.

Understand the source, seasonality, and characteristics of a broad range of ingredients.

#### Assessment Opportunities

Core knowledge of this unit will be regularly tested and revisited during this unit with a knowledge quiz completed at the end.

Pupils will plan and cook a recipe suitable for a specific need. (Sporty vegetarian). A photo of the dish should also be included.

#### Cultural Capital

Give pupils the opportunity to experience new foods/dishes/recipes.

Empower them to know and understand food science and its effects.

Become aware that people in society/other cultures and individuals around us have different food preferences or needs and teach them to be tolerant and inclusive of

### Year 7 Curriculum: Textiles

All pupils will learn how to design, create, make, and evaluate a reversible draw string bag using fabric pens to put their own unique repeat pattern on and tie-dye their own fabric. To prepare for their KS3 curriculum all pupils will learn the components and functions of the sewing machine. They will learn how to use the sewing machine independently and safely as well as learn about key tools and processes for example: fabric scissors, pins, needles, templates, fabric pens, fabric dyes, stitch unpickers, safety pins.

All pupils will explore fabric source origins, learn about cotton fibres and how they are spun into yarns and woven into fabric. They will learn about the basics of weaving. We will research how designers are inspired to create patterns through a close study of Orla Kiely. All pupils will learn how to plan a repeat pattern and how to develop to a professional design standard.

Pupils will know and understand the health and safety rules in a textiles workshop including classroom safety, machine safety and how to assess an unsafe working environment.

#### Links to the KS3 National Curriculum

**Design:** Develop specifications to inform the design of innovative, functional, appealing products that respond to needs in a variety of situations. Use a variety of approaches [for example, biomimicry and user-centred design, to generate creative ideas and avoid stereotypical responses.

**Make:** Select from and use specialist tools, techniques, processes, equipment, and machinery precisely, including computer-aided manufacture.

**Evaluate:** Analyse the work of past and present professionals and others to develop and broaden their understanding. Test, evaluate and refine their ideas and products against a specification, considering the views of intended users and other interested groups.

**Technical knowledge:** Understand and use the properties of materials and the performance of structural elements to achieve functioning solutions.

#### Assessment Opportunities

Core knowledge of this unit will be regularly tested and revisited during this unit with a knowledge quiz completed at the end.

Critical and summative evaluation of own product designed and made.

Formative assessments of product design and completion throughout the unit.

A photo of the finished product should also be included.

#### Cultural Capital

Design and Technology is an inspiring, rigorous, and practical subject which prepares all young people to live and work in the designed and made world. Pupils explore Orla Keily designer focus and how designers get their inspiration for products this is linked to discovering the 60's/70's design icons and discovering the vintage flea markets of Portobello Road London and Montreal France.