 **Threshold Concepts and Subject Progression**

**Technology**

**Year: 7 Unit Name: Food and Nutrition**

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| **What do I need to know from previous learning?** |
| Food Safety and Hygiene (from contaminants to cleaning the kitchen).  How to use kitchen equipment, including the oven and hob.  How to prepare fresh ingredients e.g. proteins, carbohydrates, vegetables, etc.  Weigh and measure ingredients as per recipe requirements.  The benefits of using the Eatwell guidelines and exercise to maintain a healthy and balanced lifestyle.  How to adapt recipes by increasing vitamins and minerals in dishes, reducing sugar and using suitable ingredient replacements.  Awareness of social, cultural, moral and environmental issues.  Ingredients and provenance. |
| **What do I need to learn? What do I need to remember?** |
| * Show competence with Food Contaminants, Food Hygiene and Health and Safety issues in the kitchen * Increase my practical skills through meal preparation (see individual assessment sheets) * Understand the health implications of over indulgence and lack of nutrients (carbohydrates and fats) * Use Food Science experiments to understand the effects of sugar alternatives to create ‘healthier’ fairy cakes * Be able to evaluate and self-assess own products cooked * Be able to increase the nutritional value of a product through making use of alternate ingredients * Understanding the importance of food aesthetics – ‘we eat with our eyes before tasting’ |
| **How can I extend this learning?** |
| Investigate key nutrients in greater depth.  Use shopping as an investigation task – product availability/season produce, packaging, provenance, weight.  Investigate the food standards agency site to gain a greater understanding of food safety, food hygiene and practices and food ratings.  Further develop knowledge of Food Science using online experiments that can be completed safely at home (recommended websites given). |