[](https://www.kingsdownschool.co.uk/)

**Year 7 DT – Food Curriculum explained**

The aim of our Food curriculum in year 7 is to teach our students about Healthy Eating and how to make sensible choices relating to the food they cook and eat.

**Students will be taught to:**

1. Understand what a Healthy Balanced diet is.
2. Know what the Eatwell Guide is and how to use it.
3. Evaluate their own diets and make healthy changes.
4. Design a food product that meets the needs of a specific dietary group.
5. Learn how to prepare and cook a range of food products with skill.
6. Learn about safe and hygienic food preparation and use of equipment.
7. Develop skills of independent working, organisation and time management.
8. Learn the safe use of the hob and oven and understand how heat is transferred during cooking.
9. Enjoy adapting recipes to suit their own preferences and tastes.
10. Learn how to weigh and measure ingredients accurately.
11. Investigate the importance of breakfast and learn how to carry out a survey and analyse results.
12. Start to learn the basics of food science.

This curriculum is the starting block towards the students learning how to cook and make healthy lifestyle and meal choices when they are older. Practical and theoretical knowledge will be built on in year 8 and at GCSE. Students will start to learn about the functions of ingredients in the body and in recipes and will learn and practice basic food hygiene and safety throughout year 7.