

## Year 7 Design and Technology: Food and Textiles

In Year 7, students come to Richmond School with a range of experiences, knowledge and skills relating to the world of Design and Technology. At primary school, some students are given experiences in Design and Technology and some students are fortunate enough to have access to tools and equipment at home.

**Food:** The focus for Food and Nutrition in Year 7 is to enable students to learn and apply the basic principles of nutrition and healthy eating. Across two terms students build a repertoire of healthy recipes following health and safety and hygiene rules.

**Textiles:** In Year 7, students investigate, design and make a pet pillow, throughout the topic students are taught a wide range of practical skills including, the use of sewing machines how to sew by hand and how to work safely using this equipment.

Methods of deepening and securing knowledge:	
Spaced practice	Expectations with Health and Safety, in particular rules and routines, are broken up throughout the two terms and referred to throughout. Basic expectations are taught at first, which then develop into basic skills such as different cooking methods, preparing ingredients and using utensils and electrical equipment.
Interleaving	Using core principles, students can use this knowledge in their work in all strands. For example, lessons on creativity and developing ideas will come up in each project across the various strands. Students will practise these skills and knowledge throughout the year at different stages.
Dual coding	Due to the types of work and projects students will complete concrete examples are used by getting students to work with the actual ingredients, tools and processes.

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Topic(s)	<b>Introduction to Food:</b> - Rules, routines and H and S - Introduction of Eat well Live well topic - Principles of food safety (preparation of fruits and vegetables) - Preparing and cooking food	<b>Eatwell Guide Nutrients</b> - Vitamins, minerals, carbohydrates, fats, protein - Preparing and cooking food	<b>Energy Balance</b> - Use of nutrients programme and traffic lights system - Preparing and cooking food	<b>Food Sourcing</b> - Local produce, seasonal produce, Fairtrade - Preparing and cooking food	<b>Pet Pillows</b> - Rules, routines and H and S - Research - Initial designs	<b>Pet Pillows</b> - Develop designs - Making - Evaluation

Assessment	- Investigation - On-going making assessments			- Making assessment - Evaluation assessment	- Investigation	- On-going making assessments
CEIAG <i>(Careers that are linked to that topic)</i>	Food Technologist			Marketing Manager	Designer	Pattern Drafting