

YEAR 7 FOOD – PIZZAS



You will be exploring research and design in response to a brief about pizzas! You will investigate health and safety in a kitchen environment to keep yourself, peers and your food safe, whilst learning about healthy, balanced diets. Developing a range of practical skills involving hob, oven and knife use to create your own pizzas, you will learn to accurately evaluate your cooking process and related outcomes.

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| Key Words | Rubbing in Sensory words | Claw Grip Bridge Grip Nutrients | Eatwell guide Vitamins Mineral | Teaspoon Tablespoon Baking | Frying Chopping Boiling | Simmering Kneading Season |
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




Wider Study Opportunities?
Careers - Chef, Food Scientist, Nutritionist

GCSE - Food and Nutrition





Homestudy - Research into cultural influences.



Some of your learning will include:

-  Developing an awareness and understanding of personal and practical health and safety within the kitchen environment.
-  Researching current pizza flavours, bases, sauces and toppings to build a base knowledge to enable you to design a range of varied outcomes.
-  Accurately making and evaluating a chosen final pizza design.
-  Broadening skills by producing a range of healthy dishes.
-  Understanding a healthy balanced diet with particular reference to the Eatwell Guide.

Assessment and Feedback:

-  **Assessment Objective 1:** Demonstrates an ability to develop ideas through investigations, demonstrating an understanding of sources.
-  **Assessment Objective 2:** Demonstrates an ability to work independantly and organise personal workspace in a safe way to produce a good outcome.
-  **Assessment Objective 3:** Demonstrates an ability to record ideas, observations and insights relevant to intentions as work progresses.
-  **Assessment Objective 4:** Demonstrates an ability to present a final outcome that realises intentions and shows some opportunities for development.

Why this? Why now?

A fun, creative and independent project providing an introduction to skills required for all students at the start of the KS3 journey, whilst ensuring understanding of health and safety for welfare of all involved.

Develop a range of practical skills to enable healthy dishes to be completed to a high and competent standard. Your research and design skills will lead to independent outcomes both written and practical allowing your cooking abilities to flourish with opportunities to excel.

