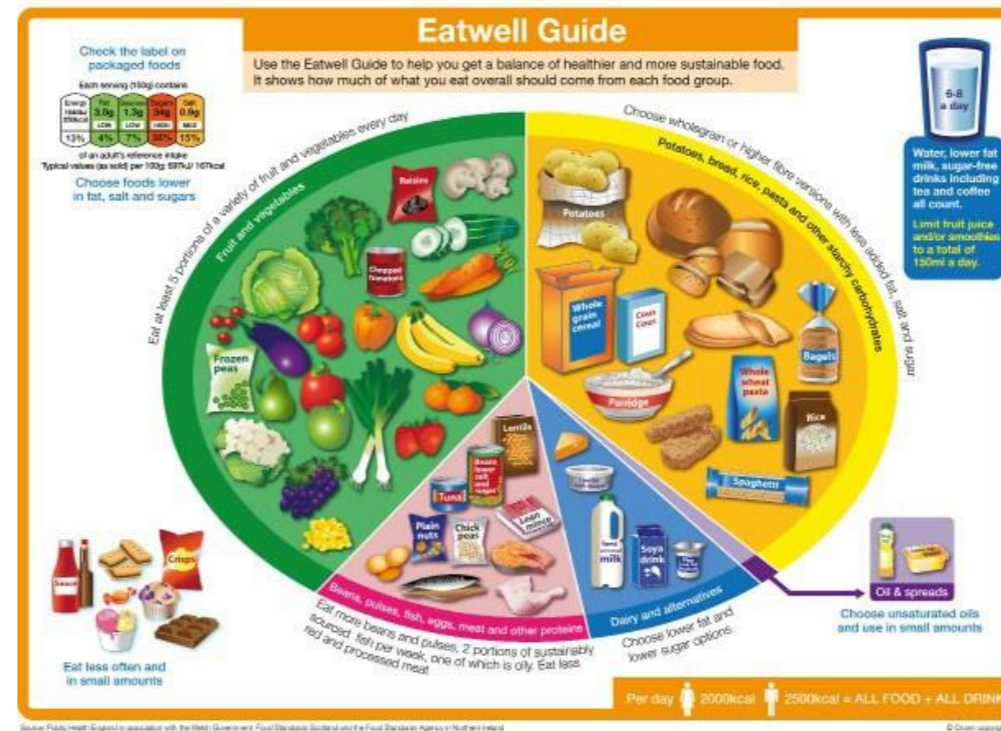


Year 7 Cooking & Nutrition Knowledge Organiser

Practical Skills

Skill Group	Techniques
Knife skills	Fruit and Vegetables—bridge hold, claw grip, peel, slice, dice and cut into even pieces.
Weigh and measure	Be able to demonstrate accurate measurement of liquids and solids.
Use of equipment	Use a grater, vegetable peeler, paring knife, saucepans and wok.
Using the hob	<ul style="list-style-type: none"> boiling and simmering stir frying
Using the oven	<ul style="list-style-type: none"> baking
Make sauces	Make a reduction sauce (pasta sauce)
Test for readiness	Use a knife/skewer, finger or poke test, bite or visual colour check to establish whether a recipe or ingredient is ready.
Judge and manipulate sensory properties	Demonstrate: <ul style="list-style-type: none"> how to taste and season during cooking presentation and food styling—use garnishes & decorative techniques.

Nutrition – The Eatwell Guide



Key Messages:

- Eat at least 5 portions of fruit and vegetables per day.
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates.
- Have some dairy or dairy alternatives.
- Eat some beans, eggs, fish, meat and other proteins.
- Choose unsaturated oils and spreads and eat in small amounts.
- Drink 6-8 cups/glasses of fluid per day.

Equipment



Wok



Kitchen Scales



Measuring Jug



Fish Slice



Vegetable knife

Hygiene & Safety Rules

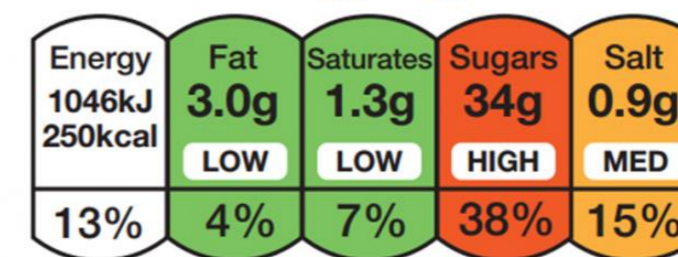
Tie up long hair
Wear an apron
Tuck tie in
Wash hands
No running
Use oven gloves when necessary
Clean practical equipment thoroughly

Key abbreviations: Weights and Measurements

L	Litres	
g	Grams	
ml	millilitres	1000ml = 1 litre
Kg	kilograms	1000g
Tbsp	tablespoons	15ml
Tsp	teaspoon	5ml
1pt	1 pint	568ml

Food Labelling

Each serving (150g) contains



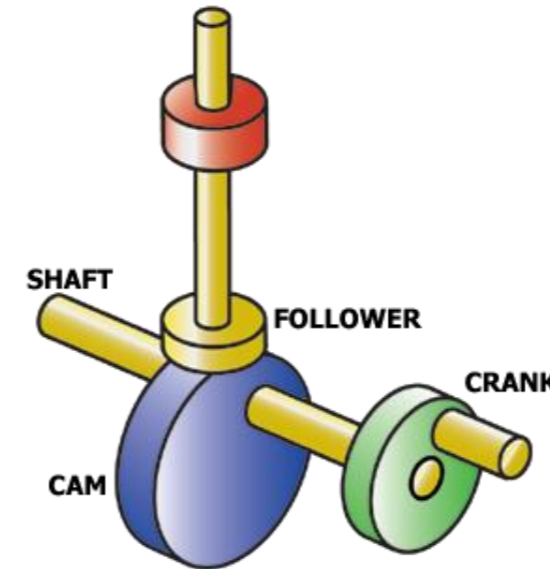
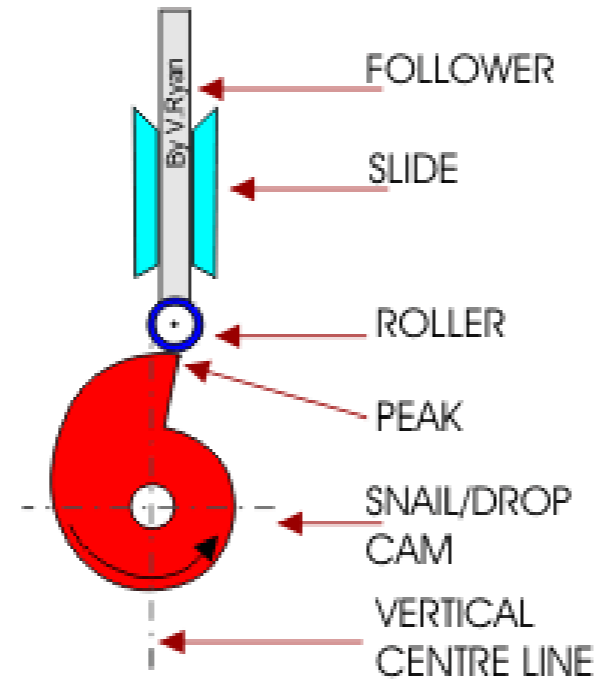
of an adult's reference intake





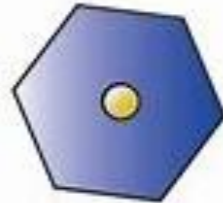

Typical values (as sold) per 100g: 697kJ/ 167kcal

Automata Project

Key Skills

- Responding to a Design Brief
- Analysing & researching information
- Creating a suitable idea for a target audience
- Isometric drawing techniques
- Developing CAD drawing skills using:
Serif Draw / Techsoft Design
- Rendering techniques
- presentation skills
- Developing & testing
- Manufacturing with modelling materials (card & paper)
- Evaluating the design & making process



Cams	
 ROUND	 EGG-SHAPED
 ELLIPSE	 ECCENTRIC
 HEXAGON	 SNAIL



Key vocabulary	
Design Brief	An written outline which explains the aims and objectives and milestones of a design project.
Target Audience	The person or people most likely to be interested in your design or product.
Function	What a product does, how it works and what it will be used for?
Mechanism	A system of parts working together in a machine.
Motion	Something moving or being moved.
Cam	A rotating or sliding piece used to transfer rotary motion into linear motion or vice versa.
Modelling	To present ideas to the user (target audience) or client.
Evaluating	To judge or calculate the quality, importance, amount, or value of something
Linea Motion	Motion moving along a straight line.
Rotary Motion	Motion moving clockwise or anti-clockwise.



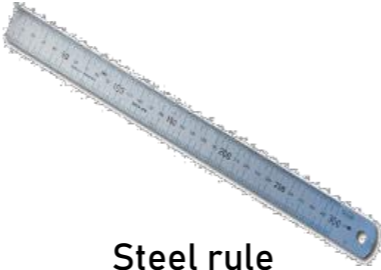







Year 7 Product Design Knowledge Organiser



Catamaran Boat Design

Key Skills

- Responding to a Design Brief
- Identifying a target audience and product function
- Applying Health & Safety procedures and PPE in the workshop environment
- Developing practical skills to create housing & dowel joints to join materials
- Identifying specific workshop tools and equipment
- Manufacturing a prototype model
- Finishing materials
- Presentation skills
- Evaluating the manufacturing process

Tools for working with Timber	
 Try square	 Bench vice
 Steel rule	 Marking gauge
 Tenon saw	 File
 Belt & Disc Sander	 Coping Saw
 Bench hook	 Pillar drill

Health & safety in the workshop
Tie long hair back
Wear an apron
Wear safety goggles must be worn when using machinery
Move slowly around the workshop
Be aware of where the emergency stop buttons
Ensure the ventilation is switch on prior to using a machine
Only one person operating a machine at one time
Report any injuries or breakages to the teacher immediately

Key vocabulary	
Design Brief	An written outline which explains the aims and objectives and milestones of a design project.
Function	What a product does, how it works and what it will be used for?
Target Audience	The person or people most likely to be interested in your design or product.
Materials	What something is made from.
Finishing	The process of applying a finish to preserve or protect a material & improve aesthetics.
Wood grain	Wood grain is the pattern made by the wood fibres in trees when it grows.
Modelling	To present ideas in 2D & 3D to the user (target audience) or client.
Prototype	A prototype is a model that is built to test to see if it is successful or whether it needs further modification or improvements.
PPE	Personal protective equipment are items such as goggles and aprons.

Timber is a natural material with imperfections, knots and grain. Remember always sand with the grain

Softwood



From coniferous trees that are evergreen, which are faster to grow and are less expensive than hardwoods. Softwoods are a sustainable material as the resource can be regrown and not depleted. Softwoods are strong and easy to work with.

Year 7 Textiles Knowledge Organiser

Animal Cushion Design

Key Skills

- Responding to a Design Brief
- Analysing existing products
- Identifying a target audience
- Designing & annotating to include a range of decorative and construction techniques
- Demonstrating ability to complete a range of decorative by techniques by hand:
 - Embroidery stitches (running stitch, back stitch & blanket stitch)
 - Appliqué
 - Adding components e.g. buttons or googly eyes
- Using a sewing machine to complete construction techniques to make seams



Product features	
Creative design that is personalised	A theme that is identifiable and original
Hand embroidery	Consideration of a specified target market
Hand appliqué	Components used as decoration
Components used as decoration	Machine sewing

Health & safety
Follow teacher instructions
Move slowly around the room do not run
Tie long hair back
Hold scissors or shears correctly when walking around the room.
Report any injuries or breakages to the teacher immediately



HAND SEWING

Used as a decorative stitch or for seams. Stitch is easy but also not very strong. Stitches should be small & even.

RUNNING STITCH

BACK STITCH
Strong hand stitch for holding seams together and inserting zippers by hand. Stitches overlap on the back.

BLANKET STITCH
Good stitch for finishing edges. Stab from bottom up, and wrap thread around half exposed needle in the direction you are sewing.

Key vocabulary	
Decorative	Being aesthetically pleasing to the eye.
Materials	What something is made from?
Components	The parts/materials/threads needed to make a product.
Function	What a product does, how it works and what it will be used for?
Aesthetics	How a product or design looks .
Target Audience	The person or people most likely to be interested in your design or product.
Embroidery	Even stitch widths and lengths completed by hand sewn stitches.
Appliqué	A decorative technique whereby one material is sewn on top of another by hand.
Design Brief	An written outline which explains the aims and objectives and milestones of a design project.