



# DT: Textiles & DT: Cooking & Nutrition



Welcome to DT: Textiles & DT: Cooking & Nutrition at Highams Park School!

This year you will enjoy doing both subjects on a half yearly rotation.



We have two food rooms and one textiles room in Highams Park school, which are our specialist teaching spaces for these subjects – these rooms, are fully equipped for us to carry out all the practical and theory elements of your lessons.

You will love these elements of DT! They are fun, rewarding when you see what you can make, and cover so many areas of our day to day life. The practical nature of the subject means that you get to be creative as well as learn about the theory side such as how fabrics are made, the chemical reactions that occur when cooking and more.

## **Year 7 DT: Textiles topics include....**

Learning how to thread and use a sewing machine, where we get fibres and fabrics from, how knitted and woven fabrics are made, applique and how to create surface decoration on fabric, designing and making your very own apron for yourself or someone of your choice.

## **Year 7 DT: Cooking & Nutrition topics include....**

Learning how to stay safe and hygienic when cooking, understanding about healthy eating and the guidelines to be fit for life, the names of utensils and the jobs they can do, learning about heat transfer and how chemical reactions occur when cooking. You will find out how some foods are grown or farmed and do lots of tasty cooking sessions including fruit salad, French bread pizza, kebabs, rock cakes and more.

