

De Lisle College Curriculum

“Rooted and grounded in Love”.

Design And Technology



Intent – ‘Rooted and grounded in Love’

Intent – Rooted

We are committed to delivering a Design and Technology curriculum that empowers all students to become creative, reflective, and responsible problem-solvers. At the heart of our curriculum is the belief that every student has the potential to shape the world around them through thoughtful, purposeful design and informed decision-making.

Rooted in the principles of Catholic education, we nurture each student’s God-given talents, fostering dignity, stewardship, and a deep sense of responsibility toward others and the environment. Our curriculum encourages students to embrace the iterative nature of design, work flexibly, and engage with emerging technologies. They develop the knowledge and skills to create innovative, user-centred solutions that respond to real-world needs, wants, and values.

Students explore the broader societal, ethical, and environmental impact of design, gaining a holistic understanding of how products and systems influence the way we live. This includes developing practical skills in areas such as product design, engineering, textiles, and digital technologies.

In Food and Nutrition, students build a comprehensive understanding of food science, nutrition, and healthy living. They are equipped to make informed, sustainable, and cost-effective choices that support lifelong well-being. Through hands-on experiences, students gain confidence in planning, preparing, and evaluating food, while also exploring the cultural and social significance of food in diverse communities.

By the end of KS3, students emerge as confident, capable individuals who can think critically, design responsibly, and contribute meaningfully to the world around them.



Design and Technology

Year 7 – Food and Nutrition



Curriculum Outline

Link to Catholic Social Teaching: The curriculum fosters respect for the dignity of every person by promoting health and well-being through balanced nutrition and inclusive food education. It encourages stewardship of creation by teaching sustainable practices and responsible food choices. Students learn the importance of solidarity and the common good through collaborative cooking experiences and cultural appreciation, building empathy and community. The course also highlights rights and responsibilities, ensuring awareness of food safety and dietary needs, and supports the preferential option for the poor by addressing issues of food access and nutritional equity.	
Advent	Food safety, basic kitchen skills and principles of healthy eating
Description	Students are introduced to the foundations of food and nutrition, including the importance of a balanced diet, food safety, and basic kitchen skills. They begin to develop confidence in handling food and understanding the principles of healthy eating.
Lent	Nutrition and dietary needs
Description	Students build on their nutritional knowledge by exploring micronutrients, energy balance, and the dietary needs of different life stages. They continue to develop practical skills through hands-on food preparation and baking techniques.
Pentecost	Labelling, allergies, provenance and cultural influences
Description	Students explore food labelling, allergies, and cultural influences on cuisine. They enhance their practical skills and deepen their understanding of food provenance, seasonality, and sensory evaluation.

Design and Technology

Year 7 – 3D Design



Curriculum Outline

Link to Catholic Social Teaching:

The curriculum nurtures respect for human dignity by encouraging students to express their individuality through creative design. It supports stewardship of creation through the responsible use of materials and digital tools and promotes solidarity through collaborative learning and peer feedback. Students begin to explore the concept of the common good by designing for real users and learning to evaluate the impact of their choices.

Advent	Introduction to DT skills and concepts/ Digital 3D modelling
Description	Students are introduced to core principles of design and technology, developing skills in digital 3D modelling and exploring how products are planned and created. They begin to understand design thinking through creative problem solving and digital prototyping.
Lent	Computer aided design/ Materials theory
Description	Building on their design skills, students learn how to prepare digital files for manufacture and use computer-aided design software to produce high-quality visual outcomes. They explore how materials behave and how products are evaluated and improved.
Pentecost	Design strategies and theory
Description	Students apply their knowledge to design and make products with consideration for sustainability, functionality and user needs. They reflect on design decisions, explore environmental and social issues in design, and build confidence in using emerging technologies.

Design and Technology

Year 8 – Food and Nutrition



Curriculum Outline

Link to Catholic Social Teaching: The Year 8 Food and Nutrition curriculum encourages students to think ethically, sustainably, and inclusively about food. It promotes the common good through shared responsibility for healthy eating and food choices. Students explore the dignity of work by valuing practical skills and the effort involved in food preparation. The curriculum fosters solidarity by celebrating global cuisines and encouraging respect for cultural diversity. It also supports stewardship of creation through lessons on food waste, seasonality, and sustainable sourcing. By addressing rights and responsibilities and the preferential option for the poor, students are guided to consider fairness in food systems and the importance of ethical consumer choices.	
Advent	Nutrition, environmental considerations, cultural awareness
Description	Students begin the year by revisiting key nutritional concepts, reinforcing their understanding of macronutrients, micronutrients, and the Eatwell Guide. They apply this knowledge through practical tasks and explore the environmental impact of food choices, including packaging and waste. Cultural awareness is introduced through international cuisine and provenance.
Lent	Dietary needs, costing, development of practical skills
Description	This term focuses on developing students' sensory analysis and product evaluation skills. They explore global food traditions and deepen their understanding of dietary needs across different groups. Practical sessions support the development of dough handling and shaping techniques, while also introducing basic food costing.
Pentecost	Seasonality, ethical considerations, food science concepts
Description	Students look at British and global cuisines, investigate the importance of seasonal and local ingredients, and engage in ethical discussions around food sourcing and Fairtrade. They continue to build confidence in practical work, while also learning about food science concepts such as aeration.

Design and Technology

Year 8 – 3D Design



Curriculum Outline

Link to Catholic Social Teaching: Students explore how their design decisions can serve others, promoting the dignity of work and participation through teamwork and collective problem-solving. The project-based approach reinforces solidarity and the common good, while the consideration of materials and sustainability deepens understanding of stewardship. Students are also introduced to fairness and justice through the responsible design of inclusive and accessible products.	
Advent	Technical drawing/ Using digital tools
Description	Students develop their understanding of technical drawing and visual communication by exploring how to present and explain design ideas clearly and accurately. They work collaboratively to solve design problems and begin applying their ideas using digital tools.
Lent	Computer aided design/ Materials, mechanism and motion
Description	Building on their drawing and modelling skills, students design a functional product using computer-aided design software. They consider materials, mechanisms and motion as part of the creative and technical process.
Pentecost	Testing and evaluating/ Physical properties of materials
Description	Students test and evaluate their designs, reflecting on performance, function and usability. They learn about the physical properties of materials and how different design decisions affect outcomes, including sustainability and efficiency.

Design and Technology

Year 9 – Food And Nutrition



Curriculum Outline

Link to Catholic Social Teaching:

The Year 9 curriculum continues to integrate Catholic Social Teaching by encouraging students to think ethically, sustainably, and inclusively about food. It promotes rights and responsibilities by empowering students to make informed dietary choices and understand food labelling. Stewardship of creation is reinforced through lessons on sustainability, food waste, and the environmental impact of ingredients. The dignity of work is celebrated through practical tasks that value effort, skill, and creativity. Students explore solidarity by engaging with global cuisines and cultural traditions, and the common good is supported through discussions on ethical sourcing and fair trade. These principles guide students to become thoughtful, responsible, and compassionate participants in the global food system.

Advent	Nutritional analysis, food science principles and informed food choices
Description	Students begin by revisiting key nutritional principles and exploring current food trends. They apply this knowledge through practical tasks that focus on energy balance, seasonality, and food science concepts such as heat transfer and caramelisation. Skills in nutritional analysis and interpreting food labels are also introduced to support informed food choices.
Lent	Sustainability, food waste, practical skills and scientific principles
Description	This term deepens students' understanding of sustainability, food waste, and plant-based nutrition. They explore international cuisines and develop practical skills in simmering, seasoning, and baking. Scientific concepts such as denaturation and coagulation are introduced.
Pentecost	Ethical sourcing, costing, impact of health and environment, sensory evaluations
Description	Students explore ethical food sourcing, food costing, and the impact of ingredients on health and the environment. They engage in sensory evaluations and reflect on their personal progress in food and nutrition.

Design and Technology

Year 9 – 3D Design



Curriculum Outline

Link to Catholic Social Teaching: Students consider wider social, environmental and economic contexts as they design products inspired by real-world issues and creative influences. The curriculum promotes stewardship of creation through sustainable design practices and encourages solidarity by considering user needs and cultural identity. Through reflection, evaluation and peer critique, students are called to consider the dignity of the person and the responsibilities we share for the well-being of all.	
Advent	The role of design/ Responding to a brief
Description	Students explore the role of design in culture and society through the study of contemporary and historical designers. They research creative influences and begin developing ideas for a product that responds to a real-world context.
Lent	Graphic design, branding, presentation and user need
Description	Students apply graphic design and 3D modelling techniques to create a prototype product. They explore branding, packaging and presentation while refining their ideas to meet a defined user need.
Pentecost	Creating final outcomes and evaluation
Description	Students reflect on how their product communicates a message and consider its environmental and commercial impact. They present their final outcomes and evaluate their effectiveness, functionality and appeal.

GCSE Food Preparation and Nutrition

Year 10



Curriculum Outline

Link to Catholic Social Teaching:

Rights and Responsibilities

- Emphasised through lessons on nutrition, food labelling, and dietary needs, empowering students to make informed and dignified food choices.

Stewardship of Creation

- Promoted through sustainable ingredient choices, food waste reduction, and understanding the environmental impact of food production and preparation.

Dignity of Work and the Rights of Workers

- Highlighted in practical sessions where students develop and value culinary skills, recognising the effort and craftsmanship involved in food preparation.

Solidarity

- Fostered through the exploration of international cuisines and culinary traditions, encouraging respect and unity across cultures.

The Common Good

- Reflected in discussions around ethical sourcing, food security, and fair access to nutritious food for all.

Participation

- Encouraged through student-led practical tasks, sensory evaluations, and collaborative planning, ensuring all voices and contributions are valued.

Advent	Introduction/ Personal hygiene/ Relationship between diet and health/ Exploring nutritional needs of different groups/ Food science: Nutritional functions and impact of heat/ Sensory properties/ Presentation of food/ Practical skills		
Advent 1 Description	Students begin the year with a focus on the relationship between diet and health, exploring nutritional needs across different life stages and groups. They apply this knowledge to recipe selection and energy balance. The term also introduces food safety principles and begins to build practical skills through a range of cooking methods, including baking, sauce preparation, and knife techniques.	Advent 2 Description	This half term deepens practical competencies with a focus on knife skills, cooking methods, and dough preparation. Students explore food science concepts such as nutrient functions and the impact of heat on ingredients. Practical sessions include portioning, frying, baking, and pastry work, with increasing emphasis on sensory properties and presentation
Lent	Food provenance/ Processing/ Sustainability, food security and ethical production/ Culinary traditions and factors influencing food choice/ Practical skills/ Preparation for upcoming NEA		
Lent 1 Description	Students study food provenance, processing, and sustainability, including food security and ethical production. They explore culinary traditions and factors influencing food choice. Practical work supports this with dishes reflecting cultural diversity and technical skill, including pasta making, risotto, and desserts. Students begin planning for independent recipe development.	Lent 2 Description	This half term focuses on revision and consolidation of key practical and theoretical skills. Students complete assessments involving egg-based dishes and bread-making, and prepare for sensory analysis and food science topics. Emphasis is placed on refining knife techniques, evaluating food properties, and preparing for upcoming coursework.
Pentecost	Food science experiments/ Mock NEA tasks/ Independent planning, time management and technical execution/ Revisit theoretical content		
Pentecost 1 Description	Students engage in food science experimentation and begin mock coursework tasks. They plan and prepare components of a three-course meal, applying their understanding of nutrition, food science, and presentation. This term emphasizes independent planning, time management, and technical execution.	Pentecost 2 Description	The final half term focuses on reviewing mock coursework, improving practical outcomes, and reinforcing food science knowledge. Students practice additional recipes and revisit key theoretical content from Section A. The term supports final skill development and prepares students for assessment and progression.

GCSE Food Preparation and Nutrition

Year 11



De Lisle College
A Catholic Voluntary Academy

Curriculum Outline

Link to Catholic Social Teaching:

Dignity of Work and the Rights of Workers

- Emphasised through the value placed on practical skills, precision, and creativity in both food science investigations and final dish preparation. Students learn to respect the effort and craftsmanship involved in food production.

Rights and Responsibilities

- Reflected in the planning and evaluation of meals that meet nutritional needs, cost considerations, and ethical sourcing. Students are encouraged to make informed, responsible choices in food selection and preparation.

Stewardship of Creation

- Promoted through sustainable ingredient choices, awareness of food waste, and consideration of environmental impacts during planning and preparation stages.

Participation

- Encouraged through student-led investigations, recipe development, and evaluations. Students take ownership of their learning and contribute their perspectives in sensory testing and analysis.

Solidarity

- Fostered through the exploration of diverse culinary traditions and cultural influences in dish selection, promoting respect and unity across communities.

The Common Good

- Reinforced through discussions on food security, ethical sourcing, and the importance of equitable access to nutritious, culturally appropriate food.

Advent	Food Science NEA/ Food functionality/ Food Preparation NEA planning/ 3-hour practical assessment		
Advent 1 Description	Students focus on completing their Food Science NEA (Non-Exam Assessment). They plan and carry out scientific investigations, record observations, and evaluate results. This half term develops students' understanding of food functionality, experimental design, and analytical thinking, while reinforcing key scientific principles in food preparation.	Advent 2 Description	Students begin their Food Preparation NEA, planning and justifying their chosen dishes. They identify required skills, practice components, and develop time plans. Emphasis is placed on sensory, nutritional, and cost evaluations. The term culminates in a 3-hour practical assessment and reflective evaluation of their work.
Lent	Exam revision of theory sections A-D/ Revisit key concept in nutrition, food provenance and food science through structured revision, assessments and targeted feedback/ Exam technique		
Lent 1 Description	This half term is dedicated to exam revision, covering Sections A–C of the specification. Students revisit key concepts in nutrition, food provenance, and food science through structured revision, assessments, and targeted feedback to consolidate understanding and address misconceptions.	Lent 2 Description	Students continue with exam preparation, focusing on Section D and full specification review. They complete assessments, revisit challenging topics, and refine their exam technique. This half term ensures students are well-prepared for final assessments through active recall and applied practice.
Pentecost	Immersion for final exam revision		
Description	The course content has been completed. This time is typically used for final revision, exam preparation, or completion of any outstanding coursework if needed.	Description	The course content has been completed. This time is typically used for final revision, exam preparation, or completion of any outstanding coursework if needed.