

YEAR 7 CURRICULUM PLAN FOR TECHNOLOGY (FOOD PREPERATION & NUTRITION)



TOPIC	KEY LEARNING	ASSESSMENT
Food hygiene and safety.	<ul style="list-style-type: none"> ○ Understand how to stay safe in the kitchen. ○ Understand basic food hygiene. 	Weekly buying, weighing, measuring and packaging of ingredients and equipment. Being fully prepared and organised to take part in weekly practical work.
Vegetable Dippers	<ul style="list-style-type: none"> ○ Knife Skills. Using a knife and peeler safely. 	Self Assessment
Healthy Eating Guideline	<ul style="list-style-type: none"> ○ To describe the principles of the Eatwell Guide and relate this to their own diet 	
Fruit Salad	<ul style="list-style-type: none"> ○ Knife Skills. Using a knife and peeler safely. ○ Hygiene and Presentation. 	
Starchy Carbohydrate	<ul style="list-style-type: none"> ○ To explain where potatoes, bread, rice, pasta and other starchy carbohydrates come from and why they are important in the diet 	
Vegetable Soup	<ul style="list-style-type: none"> ○ To acquire and demonstrate knife skills and using the hob (frying, boiling, simmering) safely. 	Peer Assessment

Diary and Alternatives	<ul style="list-style-type: none"> ○ To explain where dairy and alternatives come from and how consumer demand influences availability e.g. lower fat dairy products 	
Fruit Crumble	<ul style="list-style-type: none"> ○ Using the oven safely. Knife skills, rubbing-in method, baking 	
Beans, pulses, fish & eggs	<ul style="list-style-type: none"> ○ To explain where beans, pulses, fish, eggs meat and other proteins come from and their importance in the diet. 	
Chicken Goujons	<ul style="list-style-type: none"> ○ Safe handling of high risk food (chicken) to prevent cross contamination; showing storage, preparation and temperature control awareness. Dipping, coating, baking. 	Self Assessment
Recipe Modification	<ul style="list-style-type: none"> ○ To perform a simple product analysis, including the functional properties of ingredients and sensory evaluation 	
Oat Slice	<ul style="list-style-type: none"> ○ Using the oven to prepare a high fibre snack. ○ Accurate weighing and measuring to adapt a product to increase the nutritional value. 	
Factors affecting food choice	<ul style="list-style-type: none"> ○ Investigate some of the factors that affect food choice. ○ Explore ways in which food can be made appetising, including seasoning, flavouring, visual appearance and presentation 	

Pasta/Noodle Salad	<ul style="list-style-type: none"> ○ Demonstrate using a hob safely. Principles of food & kitchen hygiene 	Peer Assessment
Plan a meal for a teenager	<ul style="list-style-type: none"> ○ Apply nutritional requirements of an age group to planning a main meal dish 	
Meatballs/Burgers	<ul style="list-style-type: none"> ○ Demonstrate skills in weight/measuring, dividing, shaping, 	
Cook a meal for a teenager	<ul style="list-style-type: none"> ○ To consolidate food preparation when preparing and cooking a main meal dish suitable for a teenager. 	Self Assessment
Plenary	<ul style="list-style-type: none"> ○ To appraise and evaluate their learning journey 	