

# 1. Year 7 Curriculum Plan

## YEAR 7 HALF TERM Rotation 1 SUBJECT Food and Nutrition

## LEARNING



TOPIC	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Food hygiene and safety.	Understand how to stay safe in the kitchen.  Understand basic food hygiene.	Bridge  Claw  Hygiene	Safety in the food room. Washing Up	KS2 Health and Science lessons. Some students may have had access to Food and Nutrition practical lessons at KS2.	Weekly buying, weighing, measuring and packaging of ingredients and equipment. Being fully prepared and organised to take part in weekly practical work.
Vegetable Dippers	Knife Skills. Using a knife and peeler safely.	Cross Contamination  Balanced diet	How to use a peeler and the bridge and claw method to cut a variety of vegetables and shape accurately.		
Healthy Eating Guideline	To describe the principles of the Eatwell Guide and relate this to their own diet	Proportions	What is a balanced diet?		
Fruit Salad	Knife Skills. Using a knife and peeler safely. Hygiene and Presentation.	Sensory  Carbohydrates	How to combine colours, flavours and textures and develop knife skills to present a saleable fruit salad.		
Starchy Carbohydrate	To explain where potatoes, bread, rice, pasta and other starchy carbohydrates come from and why they are important in the diet	Cultural Influences  Cooking Methods	To identify how lifestyle and culture can affect food choice. To investigate what happens to starchy carbohydrates when heat is applied.		
Vegetable Soup	To acquire and demonstrate knife skills and using the hob (frying, boiling, simmering) safely.	Amino Acids  Rubbing in  Pathogenic	To investigate and evaluate the effects of cooking vegetables.		

<b>Diary and Alternatives</b>	To explain where dairy and alternatives come from and how consumer demand influences availability e.g. lower fat dairy products
<b>Fruit Crumble</b>	Using the oven safely. Knife skills, rubbing-in method, baking
<b>Beans, pulses, fish &amp; eggs</b>	To explain where beans, pulses, fish, eggs meat and other proteins come from and their importance in the diet.
<b>Chicken Goujons</b>	Safe handling of high risk food (chicken) to prevent cross contamination; showing storage, preparation and temperature control awareness. Dipping, coating, baking.
<b>Recipe Modification</b>	To perform a simple product analysis, including the functional properties of ingredients and sensory evaluation
<b>Oat Slice</b>	Using the oven to prepare a high fibre snack. Accurate weighing and measuring to adapt a product to increase the nutritional value.
<b>Factors affecting food choice</b>	Investigate some of the factors that affect food choice. Explore ways in which food can be made appetising, including seasoning,

Bacteria  
Panne  
Nutrition  
Fibre  
Protein  
Factors  
Modify

To compare and evaluate a range of dairy and alternative products using food labels and sensory evaluation.
Using the rubbing-in method. Demonstrate how to use the oven safely. Demonstrate excellent food hygiene.
To investigate the characteristics of beans, pulses, fish, eggs meat and other proteins foods in cooking.
How to cook chicken safely.
To investigate ways in which recipes can be modified. Create a recipe for oat slice.
Using the oven to create a high fibre snack. That they have modified using their recipes from previous lesson
Investigate the nutritional requirements of a teenager and plan a suitable main meal dish

	<b>flavouring, visual appearance and presentation</b>
<b>Pasta/Noodle Salad</b>	<b>Demonstrate using a hob safely. Principles of food &amp; kitchen hygiene</b>
<b>Plan a meal for a teenager</b>	<b>Apply nutritional requirements of an age group to planning a main meal dish</b>
<b>Meatballs/Burgers</b>	<b>Demonstrate skills in weight/measuring, dividing, shaping,</b>
<b>Cook a meal for a teenager</b>	<b>To consolidate food preparation when preparing and cooking a main meal dish suitable for a teenager.</b>
<b>Plenary</b>	<b>To appraise and evaluate their learning journey</b>

<b>To calculate the nutrients provided by the dish.</b>
<b>Calculate energy and nutrients provided by the dish</b>
<b>Demonstrating a range of skills to create a dish, alongside good execution of food, kitchen hygiene and knife skills.</b>
<b>Consolidate and demonstrate the principles of food hygiene and safety focussing on knife skills, handling and cooking raw meat, using the oven/hob/grill</b>
<b>To evaluate their practical cooking experiences.</b>
