

Curriculum Overview - Year 7 Food:

Students will learn how to apply the principles of nutrition and healthy eating. Students are introduced to the Eatwell guide, food and its nutritional value and health and safety preparing and making food. Students will learn the importance of hygiene and the potential hazards when working in the technical area. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: Croque Monsieur, Apple and Sultana Crumble, Scone based pizza, Falafel and spinach, potato and chickpea curry.

When	Topic	Link with School Intent 1 – Curriculum (C) 2 – Standards (S) 3 – Achievement (A) 4- Pastoral Support (P.S) 5- Educational experiences (EE) 6- Quality of teaching and learning. (T&L)	Department Intent (What we intend our students to have learnt?) <i>Differentiated: Key words/writing frames/ Build vocab. using literacy sheet/Chunked information instructional worksheets/Exemplar work displayed/Peer assessment and support/Seating plan/Working in groups</i> <i>Extension: Working independently/Explore potential to adapt recipes/Propose various alternatives to suit different dietary requirements/Produced high-quality finished products</i>	Cross-curricula practical application	Implementation
Year 7	<ul style="list-style-type: none"> Preparing for practical work Personal safety Washing up Using an oven safely Knife skills Fruit and vegetable preparation skills Introduction to why we need food 	C/S/A/ T&L C/S/A/ T&L C/S/A/ C/S/A/ C/S/A/ T&L C/S/A/ T&L C/S/A/ T&L C/S/A/ T&L C/S/A/ T&L	Safety & Hygiene: <ul style="list-style-type: none"> Identify hazards that occur in a kitchen Describe how to reduce hazards Explain how to prepare for a practical List the correct order for washing up Explain how to use a knife safely Food Preparation: <ul style="list-style-type: none"> Use a sharp knife, demonstrating either the claw or bridge technique Demonstrate how to use the cooker safely 	Science: Functional and chemical properties of <i>fats and oils</i> <i>Mechanical</i> raising agents - shortening and aeration English: Descriptive adjectives of sensory analysis	<ul style="list-style-type: none"> Write a time plan for a basic recipe. Describe the sensory characteristics using the correct sensory descriptors Prepare, cook and serve a dish that demonstrates a range of practical skills to meet a design brief and specification



	<ul style="list-style-type: none"> • Introduction to the Eatwell • Guide • Food provenance – where does our food come from and how is it grown? • Food provenance – food miles and transportation How to write a time plan • Plan for practical assessment 	<p>C/S/A/ T&L C/S/A/ T&L</p> <p>C/S/A/ T&L C/S/A/ T&L C/S/A/ T&L</p> <p>C/S/A/ T&L C/S/A/ T&L C/S/A/ T&L C/S/A/ T&L/ EE</p> <p>C/S/A/ T&L</p>	<ul style="list-style-type: none"> • Functions of ingredients in a basic pastry • Creating a <i>basic pastry</i> - shortcrust • Write a time plan for a basic recipe • Describe the sensory characteristics using the correct sensory descriptors <p>Nutrition:</p> <ul style="list-style-type: none"> • Give a definition of diet • Identify reasons why we need food • Identify the names of the nutrients and the function of each nutrient • Explore how the Eatwell Guide can help • Give a definition of food provenance • Identify foods that are grown in the UK • Explain what organic farming is • Investigate whether there is a difference between organic and non-organic foods • List reasons why buying local produce and reducing food miles 	<p>Maths: Measurement Ratio Fractions</p> <p>Geography: Foods are grown and harvested</p> <p>PE: Eatwell Guide</p> <p>Art and Design: Presentation and decoration</p>	<ul style="list-style-type: none"> • Work independently and safely Evaluate their performance in the practical Demonstrate their knowledge and understanding of the theory work
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