

# YR 7 Food & Nutrition

Core Knowledge	Cultural Knowledge	Show
<p>This introductory unit is familiarise students with basic food safety knowledge that is legally required in a commercial or domestic kitchen. Students will learn about:</p> <ul style="list-style-type: none"> <li>• Food safety and Food hygiene.</li> <li>• Health and safety rules in the kitchen and Basic knife skills.</li> <li>• How to identify kitchen equipment and how to weigh ingredients accurately.</li> <li>• Food provenance and seasonal foods(where our food comes from and how to develop leftover ingredients into meals.</li> <li>• Nutritional properties and chemical proprieties of ingredients.</li> <li>• Prepare, cook and make healthy and nutritious dishes.</li> </ul> <p>This will allow students to develop and secure their understanding of the technical skills and theory concepts of food, as students will develop their expertise in preparing and cooking a range of foods from the UK and around the world.</p>	<ul style="list-style-type: none"> <li>• Understand how the principles of nutrition relate to existing cultural diets and how the content of a person’s diet can be modified to be healthier.</li> <li>• Students will have an overview of food safety and hygiene including pathogenic bacteria and cross contamination.</li> <li>• Students will also learn to modify and extend food dishes by applying their newly developed cooking skills and by implementing their knowledge of The Eatwell Guide.</li> <li>• Students will further develop their understanding of a healthy diet.</li> <li>• During lessons students are encouraged to take inspiration from British Chefs to develop their creativity in making and presenting their dishes.</li> <li>• Students are taught to develop an understanding of different diets, traditions and cultural foods.</li> <li>• Develop an understanding of food laws and food wastage.</li> <li>• Students will learn about misconceptions in cooking foods.</li> <li>• Students are encouraged to work independently and to participate in teamwork.</li> <li>• Students are encouraged to analyse and evaluate their work and the work of their peers.</li> </ul>	<p>End of rotation assessment based on prior learning. Retrieval practice.</p> <p>End of term assessment Practical Assessments. (end of term theory test)</p>

	Autumn A	Autumn B		Spring A	Spring B	Summer A		Summer B
<b>YR 7 Food &amp; Nutrition</b>	<p>Introduction into Food &amp; nutrition. Health &amp; safety kitchen rules. Project overview. Equipment. Cooking methods. Measurements for cooking. Temperatures. 4 C’s. Knife skills when creating a fresh fruit salad. Ext: Fruit smoothie. Creating a Apple Crumble, using the Rubbing –in Ext: Modify Apple crumble recipe. Healthy eating and The Eatwell Guide</p>	<p>Practical Assessments: Nutrition Athletic diet. Modifying recipes using leftovers. Creating a Minestrone soup. Ext: adapting a Minestrone soup recipe. Creating a Flatbread-Kneading skills. Designing a nutritious toastie. Disassembling a food product and labelling. Ext: food cupboard challenge, students are to analyse foods located in the cupboard.</p>	<b>PROGRESS TEST ONE</b>	<p>Practical Assessments: Creating Mini Cakes, using the creaming method. Food Science investigation- creating Shortbreads using variable ingredients. Creating Shortbreads, using the Rubbing-in and Rolling method. Creating a Cheesy Bake. Creating Chicken Goujons. Ext: Adapt Chicken Goujon recipe.</p>	<p>Introduction into Food &amp; nutrition. Health &amp; safety kitchen rules. Project overview. Equipment. Cooking methods. Measurements for cooking. Temperatures. 4 C’s Knife skills when creating a fresh fruit salad. Ext: Fruit smoothie. Creating a Apple Crumble, using the Rubbing –in method. Ext: Modify Apple crumble recipe. Healthy eating and The Eatwell Guide</p>	<p>Practical Assessments: Nutrition. Athletic diet. Modifying recipes using leftovers. Creating a Minestrone soup. Ext: adapting Minestrone soup recipe. Creating a Flatbread-Kneading skills. Designing a nutritious toastie. Disassembling a food product and labelling. Ext: food cupboard challenge, students are to analyse foods located in the cupboard.</p>	<b>PROGRESS TEST TWO</b>	<p>Practical Assessments: Creating Mini Cakes, using the creaming method. Food Science investigation-creating Shortbreads using variable ingredients. Creating Shortbreads, using the Rubbing-in and Rolling method. Creating a Cheesy Bake. Creating Chicken Goujons. Ext: Adapt Chicken Goujon recipe.</p>