

Subject: Food Nutrition

Year: 7

Key Skills in Food Nutrition

In year 7 students will learn the basic skills within Food to allow them to become safe within the kitchen and to be able to produce a range of Savoury dishes.

They will have an understanding of, Health and Safety and Hygiene within the Kitchen and learn how to use a range of utensils and equipment, how to weigh and measure, and how to handle and use sharp knives and the correct knife techniques, rolling pins, they will learn how to use the hob and oven safely.

The students will make a range of savoury dishes and explore Healthy Eating, high risk foods and cross contamination, they will learn where products are sourced, grown and produced, they will explore seasonal foods and how foods are transported through importing vs local produce. They will cover a range of skills such as, boiling, the bridge and claw, rubbing in method and using cutters to allow for correct portion control, each dish will cover ranges of heat transfer from the oven to the hob, they will be able to combine components. They will explore ranges of products that can be made all year round or adapted to feed families at home

Traffic – the students will evaluate their dishes and become aware of how to adapt dishes to meet the needs of others and how to improve dishes through taste, smell and texture

1 All lessons include, weighing, measuring, timing, following a recipe, nutrition, TRAFFIC how to improve the skills/ recipe/ dish/ nutrition,

- Health and safety in the kitchen
- Knife Safety – Knife skills test – carrots- washing up
Hygiene in the kitchen
- Fruit salad – Seasonal produce, air miles, carbon footprint, local produce, climate. Tins V fresh, oxidation

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- Coleslaw- fine knife skills, combining ingredients and producing a savoury accompaniment
- Savoury Scones- rubbing in method, portion, oven use/ safety, cutters, glaze, dough, portion control.
- Theory- Local produce V import- how to use the cooker and hob use
- Healthy Chicken kebabs and dip, raw chicken, oven or grill use, portion size
- Cupcake challenge -Assessment- to demonstrate independent working, Creaming method- cupcakes/ other recipe
- Theory- nutrients and pasta types – long distance runner- meal – meeting the needs of others - heat transfer -
- Bolognaise – high risk food, developing dishes, fine knife skills, bacteria cooking meat, hazards and coagulation, denaturation- breaking down
- Types of pastry- pizza swirls, puff pastry use, baking
- Theory- how food is reared, chicken, advantages and disadvantages of types
- Theory of cake making
- Oat biscuits
- Cous cous
- Theory of cous cous- pasta- carbohydrates
- Science experiment- fruit creation to encourage smaller children to eat – enzyme browning
- Apple crumble- convenience foods and rubbing in method
- Theory- convenience foods- link with fresh and tinned products from last 2 lessons
- Multicultural Healthy savoury assessment – mince-based product, (lamb, beef, Quorn top tip – meat balls , chicken, pork) assessment.

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