

**Subject: Food Technology. Key skills in Food and Nutrition****Year: 7**

<b>Technical knowledge</b>	<b>Practical</b>
1. Health and Safety – knife skills	Fruit salad – knife skills
2. Weigh and measure activity	Coleslaw – fine knife skills, grating, combining ingredients
3. Cooker test - popcorn	Scones – rubbing in method, portion control, oven use, cutters, glaze, dough
4. Vegetables – how veg is grown, seasonal produce, air miles, local produce	Chicken skewers – high risk foods, marinading, safe use of oven
5. Local vs imported food – carbon footprint	Cupcakes – creaming method, sieving, decoration
6. Protein – eggs, chicken, red tractor, denaturation	Bolognaise – hob/knife use, use of hob, pan handles, heating of oils, reduction of sauces to enhance flavour
7. Eatwell guide and it uses	Pizza swirls – use of puff pastry as a convenience food, addition of ingredients combinations; salami, cheese. Olives, oven use
8. Fruit and vegetables – how it grow, vitamins and carbohydrates, why breakfast is important	Oat biscuits – oven use, portion control, healthy snack,
9. Pasta – different types and dishes – savoury main or accompaniment	Cous cous – use of kettle, absorption of flavour, portion control
10. Healthy eating – athletes diet vs other activities and why intake of food is different	Fruit plate – science experiment, enzyme browning, aesthetics of presentation to encourage smaller children to eat
11. Equipment uses – planning of mince challenge, how to serve; Quorn, beef, lamb	Mince challenge assessment
12. Hygiene rating	Fruit crumble - rubbing in method, use of tinned fruit, convenience foods
13. Flour – cake making methods	Cupcakes – adapt recipes depending on seasons, decorating for celebrations