

Year 7 Curriculum Plan

Cooking and Nutrition



Half term 1		Half term 2	Half term 3
PRIOR LEARNING	Key Stage 2 This unit builds to establish firm foundations from key stage 2 in understanding and applying the principles of a healthy and varied diet § prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques § However, some pupils may not have experienced any prior learning in school.	Healthy food choices This term continues with building knowledge of nutrition; and safety and hygiene	Healthy food choices This term continues with building knowledge of nutrition; and safety and hygiene and opportunities for using the hob and oven
KNOWING WHAT ...	Nutrition Why do we eat food? The Eatwell Guide. Macro nutrients Micronutrients; energy balance Safety and hygiene Hazards, risks and prevention, cutting techniques	Nutrition ; nutritional needs supplied by different nutrients through food groups. Energy in food. Organoleptic evaluation. Safety and hygiene ; hazards, risks and prevention. Preparation and cooking skills; Using the hob and oven, using a variety of hand-held equipment, cooking methods.	Nutrition: Protein Culinary skills focus: breakfast muffins Nutritional needs for different groups of people. Celebrations: Cultural and religious influences in food Culinary skills focus: pancakes
KNOWING HOW ...	Introductory basic skills of food preparation. Setting practical routines. Cooking and storage of food, safety and hygiene in the kitchen Preparation techniques-Fruit salad Using the hob- boiling method; Deli pasta salad Literacy in Cooking and nutrition -speak and write like a food and nutritionist-sensory analysis-organoleptic descriptors.	Setting practical routines. Development of basic skills of food preparation; knife skills, cooking and storage of food, safety and hygiene. Development of independency, organisation, confidence, timekeeping. Culinary skills focus Rubbing-in method, - Fruit crumble; Using the oven – Baking. Weighing and measuring, creaming method, shaping food. Baking, vintage choc chip cookies, Puff pastry cheese whirls	Development of basic skills of food preparation, cooking, storage of food, safety and hygiene. Development of independency, organisation, confidence. Nutrition: protein- Culinary skills focus: breakfast muffins –baking CULTURAL AND RELIGIOUS INFLUENCES Culinary skills focus: pancakes - shallow frying, weighing and measuring

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ASSESSMENT	Formative assessment through class discussion, participation and verbal responses; recall starters; application of knowledge plenaries; hinge questions, quality of written tasks. Low-stakes mini tests Ability of culinary skills: organisation, independence, hygiene, teamwork, through observation	Formative assessment through class discussion, participation and verbal responses; recall starters; application of knowledge plenaries; hinge questions, quality of written tasks. Low-stakes mini tests Low-stakes mini tests Summative assessment; Formal written test in week 9/10	Formative assessment through class discussion, participation and verbal responses; recall starters; application of knowledge plenaries; hinge questions, quality of written tasks; informal practical observational assessments and verbal feedback. Formal Culinary skills rubrik assessment
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