

Y7 Food

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Curriculum Intent:

The food curriculum at Forge is about making sure all children and young people are given the opportunity to learn and understand the importance of good eating habits and their affects at such a crucial and impressionable time in their lives. This results in them being equipped and sorted for life with knowledge and skills to cook a repertoire of predominantly savoury dishes so that they can feed themselves and others a healthy and varied diet.

	Core Knowledge	Procedural Knowledge
	Topic	Pupils will
Rotation one	Basic Baking - Hygiene and safety within the food environment - Eatwell guide and eating habits - Understand and apply the rubbing-in technique - crumble, scones. - Developing a range of preparation, cooking, and presentation skills linked to baked products. - Be aware of how food choices and eating habits have changed in Britain over time. - Food Provenance	- Be aware of food poisoning; causes, symptoms and prevention - Be able to apply food hygiene knowledge to a scenario. - Understand and apply the process of producing a handleable dough - scones, bread. - Develop and apply knowledge of nutrition. - Be aware of how WW2 changed the diet of the British people - Seasonality and factors effecting food choice - Functions of ingredients, techniques and processes of all dishes made

Rotation two	Fundamental Skills • Food Preparation Skills • Basic knife skills • Safe and accurate cutting techniques • Preparing fruit and vegetables in different ways • Basic kitchen safety when cooking • Recipes & Dishes - designing and making a range of healthy savoury dishes. • Using sensory (organoleptic) language to describe food	Learn basic kitchen procedures and skills. Including: • Washing up • Weighing • Measuring • Basic equipment recognition • Bridge and Claw • Grating • Practical pace/ timing • Mixing stirring • Cleanliness • Safety Heat control • Following a recipe • Peeling • Trimming • Slicing • Cooking Methods & Equipment • Safe use of the hob and grill • Understanding boiling and simmering
Homework: Homework is set on Brom Com for each 9-week rotation. Homework is in the form of a mastery knowledge organiser paired with revision tasks for students to complete. This will aid revision for tests and a mid-way knowledge review.		
Assessment: Formative verbal and end of rotation summative feedback. Assessment takes place mid-way through a rotation in the form of a quiz which creates whole class feedback and at the end of a rotation capturing knowledge secured.		
Links to Personal Development: Careers include -		

Food scientist, Food Product Developer, Dietician, Nutritionist and within the Hospitality and Catering sector.

Principles of healthy eating and nutrition delivered to develop understanding of physical and mental health.

Understanding risks to personal wellbeing through healthy eating.

How is my knowledge further developed in Year 8? (next academic year)

In Y8 pupils will extend their knowledge of nutrition by looking in further detail and macronutrients and micronutrients, food choice and provenance, multicultural cuisine and food science.

Pupils will continue to develop their food preparation, cooking and presentation skills.