

Food Technology – Year 7 Curriculum Map

	I am learning	I will be able to
<p>Unit 1 (approx. 10 weeks)</p>	<ul style="list-style-type: none"> • How to work safely in the Food Room. • The importance of good hygiene and safety, including hand hygiene and washing up. • How to select measuring equipment and measure solid and liquid ingredients accurately. • The five food groups and how they are prepared and cooked including fruit, vegetables and potatoes. • Techniques to use a sharp knife carefully and with skill. • Techniques to select and control different parts of the cooker. • The importance of minimising food waste and how I can take steps to reduce it. 	<ul style="list-style-type: none"> • Successfully create a number of dishes to a high standard of taste and presentation including - little cakes, vegetable couscous, fruit flapjack, pizza toast, chicken goujons and apple crumble. • Follow a recipe independently. • Demonstrate practical skills in using equipment and the hob, grill and oven. • Evaluate my own practical work and skills, identify aspects that were successful and areas for improvement.
<p>Unit 2 (approx. 10 weeks)</p>	<ul style="list-style-type: none"> • How to improve the practical skills learnt in Unit 1. • Key principles of nutrition including the different between macronutrients and micronutrients. • The steps to take in planning my own recipes. • The eight important strands of the Eatwell guide and how it applies to me and to groups of people in the UK. • The definition of energy balance and how it changes through your life. • How food poisoning is caused by different bacteria, symptoms and steps to reduce food contamination including safe storage and temperature control. 	<ul style="list-style-type: none"> • Successfully create a number of dishes to a high standard of taste and presentation including - spaghetti Bolognese, chocolate chip cookies, cheese twists, rocky road and pasta salad • Follow a detailed recipe independently. • Demonstrate improved practical skills in using equipment and the hob, grill and oven. • Independently evaluate my own practical work and skills, identify aspects that were successful and areas for improvement