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| **Our Lady Queen of Peace**  Catholic Engineering College | Curriculum Overview |
| **Year 7 Food and Cooking** | |

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|  | **Knowledge & Understanding** | | | **Subject Specific Literacy Development** | | **Cultural Capital / Enrichment Opportunities** |
|  | **Composites**  **(Bigger Picture)** | **Components**  **(Key Concepts)** | **Recall & Retrieval Practice Focus** | **Reading for meaning** | **Key Vocabulary** |
|  | * Develop knowledge and understanding of ingredients and healthy eating * Develop knowledge of food provenance * Acquire and demonstrate food preparation and cooking techniques * Acquire and demonstrate the principles of food hygiene and safety * Develop knowledge of consumer food and drink choice * Apply knowledge to make informed choices * Develop the creative, technical and practical expertise needed to perform everyday tasks confidently * Build and apply a repertoire of knowledge, understanding and skills to create high quality dishes for a wide range of people * Evaluate and test their ideas and the work of others | KNOWLEDGE   * Recall and apply the principles of *The Eatwell Guide* to their own diet * Energy and how needs change through life * Name the key nutrients, sources and functions * Identify how and why people make different food choices * Demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making   PRACTICAL   * Acquire and demonstrate a range of food skills and techniques * Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity * Acquire and demonstrate the principles of food hygiene and safety | * Spelling – key terminology * Health and safety in the kitchen * Healthy/Balanced eating, Eatwell guide * Units of measurement * Practical Method Recall |  | Accident  Appliance  Bacteria  Bridge Hold  Claw Grip  Cross-Contamination  Dangerous  Enzymic Browning  Grill  Hazard  Hob  Hygiene  Prevention  Maillard reaction  Safety | CFL –healthy living  Science- chemical raising agents  Maths-weighing out, timings and proportion  Literacy-following a recipe  Art and design- presentation and development of dish ideas |

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| **Key Assessments** | | | |
| **When** | **What will be assessed?** | **Why is this being assessed?** | **How will results be stored & students receive feedback?** |
| Week 1/2 | Baseline Test |  | SIMS Tracker |
| Week 17 | Mid year written test |  | SIMS Tracker |
| Week 39 | End of year written Test |  | SIMS Tracker |
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