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

|  |  |  |  |
| --- | --- | --- | --- |
|  | **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
 |  | AccidentApplianceBacteriaBridge HoldClaw GripCross-Contamination DangerousEnzymic BrowningGrillHazardHobHygienePreventionMaillard reactionSafety | CFL –healthy livingScience- chemical raising agentsMaths-weighing out, timings and proportionLiteracy-following a recipeArt and design- presentation and development of dish ideas |

|  |
| --- |
| **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 |
|  |  |  |  |