

Year 7 – Food Technology

Curriculum intent	The aim of the curriculum is to combine practical and technical skills with creativity to develop confidence. To develop the knowledge and understanding of nutrition, healthy eating, food preparation, hygiene, cooking techniques and sensory characteristics. To give vital skills that are essential for cooking and health. Learners will receive a mixture of practical and theory-based lessons. They will know about equipment, and be able to adapt recipes. Learners will have the opportunity to be 'Master Chefs' in the making.					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<p><u>Eatwell Guide</u></p> <p>Practical</p> <p>Food skills and use of equipment.</p> <p>Theory</p> <p>Nutrition and recall of the Eatwell Guide. Food hygiene and sources of energy.</p>	<p><u>Eatwell Guide</u></p> <p>Practical</p> <p>Food skills and use of equipment. Technical skills such as the bridge or claw.</p> <p>Theory</p> <p>Nutrition and recall of the Eatwell Guide. Food hygiene and sources of energy. Food labels.</p>	<p><u>Eatwell Guide</u></p> <p>Practical</p> <p>Food skills and use of equipment. To be able to plan, prepare and cook basic meals.</p> <p>Theory</p> <p>Nutrition and recall of the Eatwell Guide. Food hygiene and sources of energy.</p>	<p><u>Nutrition</u></p> <p>Practical</p> <p>Food skills and use of equipment. Nutrition and recall of the Eatwell Guide.</p> <p>Theory</p> <p>Nutrition and recall of the Eatwell Guide. Food hygiene and sources of energy.</p>	<p><u>Nutrition</u></p> <p>Practical</p> <p>Food skills and use of equipment. Nutrition and preparation of ingredients</p> <p>Theory</p> <p>Nutrition and recall of the Eatwell Guide. Food hygiene and sources of energy. Adapting recipes to seasons. Packaging and sustainability.</p>	<p><u>Ingredients</u></p> <p>Practical</p> <p>Food skills and use of equipment. Nutrition and preparation of ingredients.</p> <p>Theory</p> <p>Nutrition and recall of the Eatwell Guide. Food hygiene and sources of energy. Adapting recipes to seasons. Packaging and sustainability.</p>
Skills	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills 	<ul style="list-style-type: none"> • Practical Skills • Cooking skills • Food Safety and hygiene skills

Assessments	Baseline assessment. Eatwell guide. Practical skills.	Mini assessment on nutrients. Practical assessments. Plan, prepare and cook basic healthy meals.	Practical assessment and mini assessment on hydration.	Practical assessments and mini assessment on diet and health.	Practical assessments. Plan, prepare and cook basic healthy meals. End of year test.	End of year test and log book.
Enrichment	https://www.foodafactoflife.org.uk/11-14-years/	https://www.foodafactoflife.org.uk/11-14-years/	https://www.foodafactoflife.org.uk/11-14-years/	https://www.foodafactoflife.org.uk/11-14-years/	https://www.foodafactoflife.org.uk/11-14-years/ Links to the canteen.	https://www.foodafactoflife.org.uk/11-14-years/