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| Year \_\_7\_\_ | **Topic: Using equipment safely**  **Period:** Autumn 1 |
| **Overview of topic:**  Pupils understand the basics related to safety, hygiene, and food. | |
| **Key** **knowledge:**  **Students gain an understanding of how to work safely in a Food room, how to avoid food poisoning, how to make, store and prepare basic foods.**  **Students will gain knowledge about healthy eating, obesity, the ‘Eat well guide’ and some environmental issues.**  **Key vocabulary:**  **Recipe, Poisoning, contamination, safety, hygiene, storage, hob, oven, and preparation**   |  |  | | --- | --- | | **Tier 2** | **Tier 3** | | **Food**  **Clean**  **Equipment**  **Weigh**  **Measure** | **Cross contamination**  **Nutrition**  **Obesity**  **Bridge and claw** | | **Key skills:**  **Pupils develop their skills of using equipment safely to produce a range of** **savoury healthy products.**  **Students learn to use knives, the hob and oven safely as well as a variety of other pieces of equipment.**  **Basic making skills are taught and students produce a range of dishes from fruit salad, coleslaw, crumble, sweet and sticky chicken wings, stewed fruit, and Musili bars etc.** |
| **Co-curricular opportunities:**  **ASPIRE days may give students the opportunity to explore different foods, use a wider variety of equipment and research topics such as Food poverty and Food waste.** | **Key reading skills taught:**  **During theory lessons the following skills taught are:**  **Skimming**  **Scanning**  **Highlighting**  **Reading aloud**  **Wider Reading Opportunities/Links:**  Cookbooks. |
| **How can I use this information at home?**   * Read the recipe with your child before the lesson and discuss. * Weigh out ingredients at home with your child. * Encourage your child to help with preparing, making, and washing up at home. | |