

Subject Yearly Overview 2025-2026

Subject: Food Studies	TOPIC Year 7	COMPONENT The term can change for culture ,calendar advents and food surplus but eventually all topics will be covered by the end of year	<i>Notes: Why are you delivering this topic at this time of year?</i>
Autumn 1	Introduction to the classroom, covering health and safety and vitamins.	Health and Safety Getting started Rules and expectations Health and safety five a day and vitamins calendar events Tests	To know safety of the classroom Learn basic knife skills Understand expectation in the classroom. Begin to understand a balanced diet.
Autumn 2	Equipment in the kitchen, for a catering environment. Introducing seasonal foods	Balance diet Seasonal foods BEGINNING TO RESEARCH RECIPES Chopping boards calendar events Christmas activities Tests	To understand what the difference is between home cooking and catering environment.
Spring 1	Healthy eating, Quick snacks SWEET SAVOURY	Nutrition Healthy snacks Batch baking WHAT CAN BE SWEET SAVOURY DISHES calendar events Tests	To understand foods that can be either sweet or savoury.

Spring 2	Culture and dietary need CALUIM	Festivals CALCUIM DISHES Culture and dietary needs Calendar event Tests	To understand the difference in people's eating habits.
Summer 1	CARBHYDRATES TEMP CONTROL SEASONAL FOODS	Temp controls FOODS BASED ON SEASONAL AND CARBHYDRATE. Calendar events Tests	To know a main ingredients can be used in varies ways.
Summer 2	WHY IT IS IMPORTANT TO USE SEASONAL FOODS	SUMMER SALADS[SIDE DISHES] Transporting and packaging Outside cooking Respecting the environment Calendar events Tests	To learn how to prevent food poisoning and food spoilage.