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| **Subject Yearly Overview 2021-2022** | | | |
| **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** | ***Notes:*** *Why are you delivering this topic at this time of year?* |
| **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  Chopping boards  Calendar events  Christmas activities  Princes Trust  Tests | To understand what the difference is between home cooking and catering environment. |
| **Spring 1** | Healthy eating,  Quick snacks | Nutrition  Healthy snacks  Batch baking  Breakfast week  Sainsbury Award \*1  Calendar events  Tests | To understand the importance of breakfast and energy from foods |
| **Spring 2** | Culture and dietary needs | Festivals and commercials  Easter  Charity events  Culture and dietary needs  Calendar events  Princes Trust  Tests | To understand the difference in peoples’ eating habits. |
| **Summer 1** | To see how one main ingredient can change for sweet and savoury, hot and cold | TASTE  Baking  Sweet and savoury  Calendar  School Events  Calendar events  Tests | To know a main ingredients can be used in various ways. |
| **Summer 2** | Temperature control and food safety storage and handling | Princes Trust  Temp controls  Transporting and packaging  Outside cooking  Respecting the environment  Calendar events  Tests | To learn how to prevent food poisoning and food spoilage. |