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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 classroomLearn basic knife skillsUnderstand 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. |