

Subject Yearly Overview 2023-2024

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 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	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 event Tests	To understand the difference in people's 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 varies ways.
Summer 2	Temperature control and food safety storage and handling	Temp controls Transporting and packaging Outside cooking Respecting the environment Calendar events Tests	To learn how to prevent food poisoning and food spoilage.