

Year 7 - Food, Preparation and Nutrition

	What will I learn?	How will I learn it?	Why is it important I know this?	Why am I learning this now?
Year 7 Half Term 1	<p><u>Safety in the kitchen & Knife skills</u></p> <p>You will begin Year 7 with a range of health and safety lessons which will help you to understand the health and safety before getting involved in practical lessons.</p> <p>During your theory lessons you will safely be carrying out different knife techniques such as bridge and claw and understand how to use the grill safely.</p> <p>Practical lessons: Cheese on toast Fruit salad</p>	<p>A range of health and safety activities.</p> <p>Understanding the layout of the food rooms for future practical lessons.</p> <p>Learning of equipment used and being able to identify this.</p> <p>Discussion and understanding previous experiences from home or primary school.</p> <p>Your teacher will do demonstrations to help you to understand how to make each dish.</p>	<p>You will learn how to weigh your ingredients which will be part of your home learning.</p> <p>During your food practicals you will learn a range of skills and techniques.</p> <p>To understand why safety is important whilst in a food preparation environment.</p> <p>Throughout the year, students learn more skills which builds on their last lesson and skills learnt.</p>	<p>You will learn how to work as part of a small team when in a practical environment.</p> <p>To understand the importance of health & safety and to ensure that all students are on the same level.</p> <p>The knowledge of health and safety will set an understanding for the rest of KS3.</p> <p>A range of recipes for students to learn and understand how to use different equipment/utensils.</p> <p>Students should weight their ingredients out at home as independently as possible – this incorporates maths into food.</p>

Year 7 Half Term 2	<u>Food hygiene</u> During this half term you will put into practice the health and safety learnt from Half Term 1 into a range of different practicals and skills: Fruit crumble Fish pie Scones Safely being able to use the oven/hob. Skills: Rubbing in method Bridge and claw Cross contamination Consistency of liquid	Your teacher will do demonstrations to help you to understand how to make each dish. You will learn food hygiene in the kitchen through a range of activities and putting those into action when completing your practical tasks.	It is important to be aware of food hygiene and the part that you can play during practical lessons.	This is important to know at the beginning of your practical lessons so you can ensure that your food will be created in a hygienic way.
Year 7 Half Term 3	<u>Being healthy</u> During this half term you will deepen your understanding with health and safety through thinking about food poisoning and the implications that it has. Practical: Pizza Flapjack	Your teacher will do demonstrations to help you to understand how to make each dish. You will understand the importance of healthy eating and how this can impact your daily lives.	It is important that you know this so that you can make the correct food choices.	You are learning this now to understand a balanced diet and the role that this can have within your diet.

	Skill: Making a dough Melting Boiling			
Year 7 Half Term 4 and 5	<u>Basic nutrition</u> You will now have a big focus on your practical skills and thinking of the nutrition element of the dishes you create. Theory - Role of different food and drinks as part of our diet. Practical: Bread and butter pudding Pasta in sauce Rice salad Skills: Hob Simmering Boiling	Your teacher will do demonstrations to help you to understand how to make each dish. You will begin to learn of the different roles that foods have as part of the diet.	It is important that you know this so that you can make the correct food choices when at home or when eating out or purchasing foods.	It is important that nutrition knowledge happens after being healthy so you understand the impact that it can have on you.
Year 7 Half Term 6	<u>Eatwell guide</u> With nutrition in mind, you will be learning about the Eatwell Guide and its role in the food dishes that we make and eat. Theory - Food groups (protein, carbohydrates, dairy, oils, fruit/vegetables)	Your teacher will do demonstrations to help you to understand how to make each dish.	It is important to understand the proportions of the foods that you eat.	It is important to know this so that you have the understand when consuming foods.

	Practical: Cheesecake Fairy cakes Skills: Decoration Creaming Whisking			
--	--	--	--	--