

Food Technology Year 7 Curriculum Overview



Year 7 Food Technology Overview

By the end of Year7, students will have an understanding of Food Science and Safety so that they can start to understand the requirements of bacteria to survive and the effects they can have on health. They will have an overview of Food Safety and Hygiene, including pathogenic bacteria and cross contamination and develop safe and hygienic practices in the kitchen that are transferable to home and a workplace.

Studying aspects of Nutrition and Health will help students to understand the Eatwell guide and its role in daily life, develop their understanding of a Healthy Diet and be able to identify macro- and micro-nutrients and their role within the body.

Students' time in the kitchen classroom will help them to develop knife skills including the Bridge and Claw hold, and so gain confidence in using sharp knives safely and accurately.

Students will understand the technical aspects behind the use of some ingredients. They will understand types of heat sources and where they apply (convection, conduction and radiation) and be able to apply that knowledge to use dry and moist methods of cooking.

We will encourage students to explore their creativity when developing recipes and products for specific occasions or people.

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Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
1-6 (Autumn 1)	Food Technology introduction	Kitchen Safety Knife Skills Product design, execution and evaluation Practicals: Fruit Salad Vegetable Couscous Soup	Teacher assessment of safety Self-assessment of result v idea Peer assessment of communicating design effectiveness Knife safety license End of topic summary assessment.
7-13 (Autumn 2)	Afternoon Tea	Weighing and measuring Rubbing in method Raising agents Creative product development Practicals: Scones/rock buns Simple Bread Bread product development	Accuracy of weighing and measuring Self-reflection on practical skills Teacher assessment of practical skills End of topic summary assessment.
14-18 (Spring 1)	Nutrition and Health	The Eatwell Guide – Fruit & Vegetables; Starchy Carbohydrates; Protein; Dairy; Oils & Spreads Macronutrients – Carbohydrate; Protein; Fat Practical: Pizza Pasta sauce	Research skills Presentation skills Teacher assessment of practical skills Self-evaluation of practical skills End of topic summary assessment.
19-24 (Spring 2)	Nutrition and Health	Micronutrients – Vitamins; Minerals Heat sources in cooking - convection, conduction and radiation. Cooking to preserve nutritional value. Practical: Standard cupcakes – plain or chocolate Added nutrition cupcakes – banana, courgette or carrot	Teacher assessment of practical skills Self-evaluation of practical skills End of topic summary assessment.

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25-30 (Summer 1)	Party Food Savoury	Food safety and spoilage Food poisoning; bacteria and toxins Cross contamination Practical: Flatbreads Dips and dippers	Planning a practical Teacher assessment of practical skills Self-evaluation of practical skills End of topic summary assessment.
31-38 (Summer 2)	Party Food Sweet	Different Dietary needs – age and stage Cooking to scale – quality control Presentation skills Practical: Chocolate Tiffin No bake cheesecake	Scaling up – planning and organisation Presentation to class Teacher assessment of practical skills End of year exam/project