

Food Technology Year 7 Curriculum Overview



*0The Year 7 Food Technology curriculum introduces students to the basics of food preparation, nutrition, and kitchen safety. A large emphasis is put on Health and Safety in the kitchen, looking in depth at hazards and risks. Students will take part in both practical workshops and written tasks to gain a thorough understanding of what a hazard is, the risk, and how to prevent this.

Students will explore the 4 C's, with these lessons students will learn vital information regarding Health and Safety in the kitchen. They will develop cleaning skills, through practical exploration of preparing their workspace and cleaning down the area at the end of a practical activity. They will gain an understanding of cross contamination, how it happens, and the results of cross contamination on health. They will start to gain an understanding of cooking food, focusing on temperature, and how to keep food stored, particularly at the chilling process. This will give them a thorough understanding of how to ensure they are safe in the kitchen and will be utilised every term.

In Year 7 we also explore the allergies, intolerances and the legal requirements such as ingredient lists, labelling and sell by dates.

The intent is to build foundational knowledge and skills, encourage creativity, and increase confidence in the kitchen. Giving students a basic understanding in the first term and developing their understanding and skills throughout the following term.

Students will learn about healthy eating, food hygiene, and basic cooking techniques to enable them to produce simple, nutritious meals. Students will have to explore cooking skills such as cutting techniques, using equipment, and following recipes to make meals. They will look at preparation techniques such as boiling, simmering, and baking methods using appropriate recipes to be able to apply the skills too.

Students will develop evaluative skills and be able to reflect on their practice. They will understand the requirements and be able to reflect on the key issue they have faced. This will help them to solve problems and improve their cooking practice.

Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
1-6 (Autumn 1)	Introduction to Food Technology	1. Introduction to Food Technology, hygiene, and safety. Students will develop an understanding of the four C's, exploring them practically through workshops and in lessons through written tasks. Students will be able to identify hazards, describe the risk, and analyse how to remove the risk.	Workbook Practical assessment Response to open brief.

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		<ol style="list-style-type: none"> 2. Practical - Basic knife skills – chopping, slicing, dicing. Students will learn the technique of each knife skill and apply it to a practical activity. Practical Fruit Salad - knife skills, hygiene. 3. Introduction to Measuring and Weighing – accuracy, numeracy. The students will take part in a practical session on weights and measurements. They will be given measurements, equipment, and ingredients to ensure that they know which piece of equipment to measure with and the unit of measurement. 4. Practical Cupcake – creaming method, weighing, measuring, oven use. This task will require students to apply their knowledge of the Four C's, weights and measurements, and cooking techniques. 5. Students will be given an open brief. This will detail three diners for them to choose from, each with a different food allergy or intolerance. They will choose a diner and prepare the meal. They will prepare their area and use the Four C's. 6. Students will reflect on the progress made using their skills audit booklet, this will support them to reflect and make targets on the progress they have made this term. 	<p>Skills audit booklet</p>
<p>7-13 (Autumn 2)</p>	<p>Healthy Eating</p>	<ol style="list-style-type: none"> 1. Introduction to Healthy Eating What is healthy eating, what is the eat well guide and how can we apply the eat well guide to our diet. 2. Create healthy meal choices using the Eat Well Guide. Exploring what our plate should look like and making healthy choices. 3. Health and safety in the kitchen. Apply health and safety strategies to all practical lessons. 4. Using the hobs on the oven and a range of pans to fry and boil ingredients 5. Using cutting techniques and hob and oven techniques to cook a bolognese sauce. Students will store the sauce safely using the correct health and safety label 6. Summarise the use of labels on packaging, identify the nutritional value, and describe what that means for our diet. 7. Respond to an open brief. Students will be given an open brief and design their own pasta dish for a local running club. The meal they prepare will have 	<p>Workbook</p> <p>Practical assessment</p> <p>Response to open a brief.</p> <p>Skills audit booklet</p>

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		<p>to have a particular nutritional value. They will make their meal and design the label to identify the nutritional value and ingredients of their product.</p> <p>8. Students will reflect on the progress made using their skills audit booklet, this will support them to reflect and make targets on the progress they ahve made this term.</p>	
<p>14-18 (Spring 1)</p>	<p>Food Safety</p>	<ol style="list-style-type: none"> 1. Introduction to microorganisms and illness from food Identifying and describing how cross contamination can happen, the effects and the risks. 2. Chicken Fajita Practical. Using knife skills, Health and Safety, weights and measurements, ingredient separation, and temperature control students will make this dish. 3. Allergens 4. Students will explore the difference between allergies and intolerances. They will look at case studies that describe real life events and determine prevention. 5. Students will complete the allergy and intolerance booklet, signing the pledge to keep others safe in Food Tech. 6. Students will make Egg Free Chocolate Muffins – weighing and measuring, oven use 7. Students will be given a range of customer health profiles, and they will make a dish to suit. They will apply their prior knowledge of Health and Safety, to ensure that all risks are prevented. They will use cooking skills and techniques such as cutting, measuring, using the oven and the chilling. 8. Students will reflect on the progress made using their skills audit booklet, this will support them to reflect and make targets on the progress they ahve made this term. 	<p>Workbook</p> <p>Practical assessment</p> <p>Response to open a brief.</p> <p>Skills audit booklet</p>
<p>19-24 (Spring 2)</p>	<p>Functional Ingredients - Flour</p>	<ol style="list-style-type: none"> 1. Different Flour types Describe the use of three types of flour, identifying what the flour is used for and why 	<p>Workbook</p> <p>Practical assessment</p>

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		<ol style="list-style-type: none"> 2. Practical lessons to use one type of flour to understand the qualities. Students will use health and safety techniques, cooking techniques and weighing and measuring to create their dish. Dish: All in 1 Mac and Cheese 3. Students will understand Raising Agents. They will describe how raising agents work and the use of them in cooking. 4. Practical lessons using raising agents, weighing, demonstrate the use. Students will use health and safety techniques, cooking techniques such as rubbing in and oven use and weighing and measuring to create their dish. Dish: Scone Practical 5. Practical lesson students will use plain flour to make jam tarts – Rubbing in, kneading and baking, weighing and measuring, oven use. 6. Students will reflect on the progress made using their skills audit booklet, this will support them to reflect and make targets on the progress they have made this term. 	<p>Response to open brief.</p> <p>Evaluation</p> <p>Skills audit booklet</p>
<p>25-30 (Summer 1)</p>	<p>Food Labels</p>	<ol style="list-style-type: none"> 1. Labelling information – origins Describe the importance of food labels, the information required and the legal requirement of a food label. How can you use a food label to help you use the Eatwell Guide. 2. Practical - 'Pot Noodle' 3. Label comparisons, homemade v pre-packed. Link to the Eatwell Guide 4. Vegetable Spring Rolls – Knife skills, baking, oven use 5. Creating your own label for the spring rolls you made. What is the nutritional value? What could you serve with them to complete the Eat Well Guide. 6. Cook's Choice Practical – Students cook the food for their label from previous practical ideas. 7. Students will reflect on the progress made using their skills audit booklet, this will support them to reflect and make targets on the progress they have made this term. 	<p>Workbook</p> <p>Practical assessment</p> <p>Response to open brief.</p> <p>Evaluation</p> <p>Skills audit booklet</p>

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<p>31-38 (Summer 2)</p>	<p>Bake Off</p>	<ol style="list-style-type: none">1. Students will be given a Bake-Off brief. Students will look at the requirements of the brief and what they need to do to achieve the final product.2. Students will explore recipes by choosing a recipe for the cake of their choice. They will describe the method of making the cake, design the overall finish and annotate their work with finer detail.3. Students will apply the skills gained over the academic year and make their product.4. They will name their product and complete a nutritional guide for their product.5. Students will judge the cakes baked, and an overall winner will be chosen based on their response to the brief.6. Students will evaluate progress made and areas that require further development.7. Students will reflect on the progress made using their skills audit booklet, this will support them to reflect and make targets on the progress they have made this term.	<p>Workbook</p> <p>Practical assessment</p> <p>Response to open brief.</p> <p>Bake off competition</p> <p>Evaluation</p> <p>Skills audit booklet</p>
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