


Food Preparation & Nutrition Department – Year 7

 Shirley High Curriculum Map	<i>Students will learn how to apply the principles of nutrition and healthy eating. Students will be introduced to the eat well guide, food and its nutritional value and health and safety preparing and making food. Students will learn the importance of hygiene and the potential hazards when working in the technical area. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: fruit salad, mini pizza, scones, fruit crumble, stir fry spiced apple muffins</i>	
	Term 1	Term 2
	Theme/Topic/Skill:	Theme/Topic/Skill:
	Food Safety & Hygiene: Food Preparation skills	Food Preparation skills Food nutrition and healthy eating
Why Now?	To provide learners an opportunity to build on skills learnt at KS2 about food safety and hygiene in the kitchen. To enable students to prepare and cook food hygienically and safely	To provide learners an opportunity to build on skills learnt at KS2 about healthy eating and lifestyle and introduce the eatwell guidelines . To enable students to prepare and cook food hygienically and safely
Fundamental Concepts	1. Preparing for practical work 2. Personal safety 3. Washing up 4. Cooker investigation and Using an oven safely 5. Knife skills 6. Fruit and vegetable preparation skills	7. Introduction to why we need food 8. Introduction to the Eatwell Guide 9. Food provenance – where does our food come from and how is it grown? Food provenance – food miles and transportation 10. How to write a time plan Plan for practical assessment
Students will...	Safety and Hygiene Identify hazards that occur in the kitchen Describe how to reduce the hazards Explain how to prepare for a practical List the correct order of washing up Explain how to use a knife safely Food Preparation: Use a sharp knife, demonstrating the claw or bridge technique Demonstrate how to use the cooker safely Describe the sensory characteristic using the correct sensory descriptors Work independently and safely evaluate their performance in the practical demonstrating their knowledge and understanding of theory work	Food Preparation: Use a sharp knife, demonstrating the claw or bridge technique Demonstrate how to use the cooker safely Function of ingredients in basic pastry Creating basic pastry scones Write a time plan Describe the sensory characteristic using the correct sensory descriptors Prepare, cook and server a dish that demonstrates a range of skills Work independently and safely evaluate their performance in the practical demonstrating their knowledge and understanding of theory work Nutrition: Give a definition of diet Identify reason why we need food Identify the names of the nutrients and the function of each nutrient Explore how the Eatwell guide can help Give definition of food provenance Identify food grown in UK Explain what is organic farming is Investigate why there is a difference between organic and non-organic foods List reason why buying local produce and reducing food miles is good
Language for Life (Key terms/Vocabulary)	Food science- oxidation, enzyme browning star evaluation, sensory analysis oven, hob, grill basic equipment bridge and claw knife cuts types of fruit- tropical, seasonal, sweet, citreous,	Nutrition, proportion , Diet, tooth decay, obesity, diabetes Eat well guide Healthy eating Food provenance Organic farming Food miles,
Extended writing Opportunities	Writing time plans for basic recipes. To write evaluation of practical work	Leaflets and report writing, comprehension task. Articles
Maths Across the Curriculum	Measurements Ratio fractions	Calculating food miles
Links to careers/aspirations	Chef, food presenter, food scientist	Farmer, business caterer, teacher food technologist
Cultural Capital	Student have a choice of using own ingredients in recipes inspired from own	Looking at where food comes around the world. Investigation ingredients from home
Practical Application of Skills	Student to make the dishes at home and extend work by posting up photos of home cooking	Healthy Fairy cake project requiring researching and making at home