


<p>Year: 7 Subject: Food prep and Nutrition</p>	<p>Curriculum Intent: Food is vital for life and an enjoyable aspect of our daily life. It is easy to choose food which has been ready prepared, but this is often high in energy and lacks nutrition. It is more nutritious and generally cheaper to cook simple, homemade food from scratch. Students will develop their knowledge and understanding of healthy eating, nutrition food preparation, hygiene, cooking techniques, and sensory characteristics. They will learn a range of food preparation skills to enable them to produce nutritious healthy dishes in a safe and hygienic manner. They will develop the skill to be able to follow a recipe independently.</p>		
	<p>Food Rotation</p>		
	<p>Topics</p>	<p>Practical – the order and quantity may change with each rotation.</p>	
<p>Topic Titles (in order of delivery)</p>	<ol style="list-style-type: none"> 1. Basic hygiene / washing up and clearly away. 2. Healthy eating, The Eatwell guide, tops tips for healthy eating. 3. Healthy eating to understand how a diet fits into the eat well guide. The nutrients in each food group. 4. Food hygiene introduction of the 4 C's, the importance of food hygiene when preparing foods. 5. Demonstration of bread making – functional properties of the ingredients in bread– where flour comes from. 6. Food miles / environmental issues/ seasonality. 7. Basic food science throughout in practical lessons. 	<ol style="list-style-type: none"> 1. Knife skills / safety. 2. Fruit salad – knife preparation skills, safety, seasonality, importance of fruit in the diet, enzymic browning 3. Vegetable couscous salad, knife skills, use of the kettle. 4. Pasta salad, knife skills, use of the hob. 5. Flapjack- safe use of the oven, melting method, how sweet products fit in a healthy balanced diet. 6. Vegetable prep for bolognaise – knife skills -finely dicing onion, carrot – finely diced. 7. Bolognaise – use of the hob, safe cooking of meat. Use of protein alternatives. 8. Rock cakes, rubbing in method, making a ‘mixture’ the correct consistency, use of the oven. 9. Bread making, making a dough the correct consistency, kneading the dough, shaping the bread rolls. 10. Making butter and toast- dextrinization. 11. Scones- developing rubbing in method and making a dough. 12. Pizza – rolling out a dough, topping 13. Fajitas – marinating of chicken, knife skills, frying and hob control. 14. Practical – Frittata 	
<p>Key knowledge / Retrieval topics</p>	<p>Healthy eating – the Eatwell guide. Food groups. Food safety and hygiene. Safe storage of food. Environmental and ethical issue linked to food choices.</p>	<p>Knife skills – vegetable preparation. Food safety and hygiene. Organisational skills. Safe use of hob and oven. Use of the grill.</p>	

	Functional properties of basic ingredients in dishes. Basic know of cooking methods and their effect on foods.					
Assessment		Knowledge and understanding	Design solutions and food choice	Plan and prepare	Practical skills	Analyse and evaluate
	3	Demonstrate relevant knowledge and understanding of principles and processes/ properties.	Produce straightforward solutions that meet the requirements of the problem in familiar and unfamiliar contexts.	Use simple scientific knowledge and mathematical skills to prepare products and select some appropriate materials and equipment.	Safely apply a range of skills, processes and techniques in the production of familiar products/ prototypes/ dishes.	Make straightforward comments about their work and the work of others using some appropriate language and some technical terms.
	2	Demonstrate some relevant knowledge and understanding of principles and processes properties.	Produce basic solutions that meet some requirements of the problem in a familiar context using appropriate means to explain their ideas.	Use some simple scientific knowledge to plan and prepare a simple product including the use of basic mathematical skills.	Safely apply limited skills, processes and techniques in the production of familiar products/ prototypes/ dishes.	Make straightforward and obvious comments about their work and the work of others using everyday language and some technical terms.
	1	Demonstrate limited knowledge and understanding of principles and processes/ properties.	Product limited solutions that meet some requirements of the problem in a familiar context using limited means to explain their ideas.	Use limited scientific knowledge to follow a plan effectively and use basic mathematical skill.	With support, safely apply limited skills, processes and techniques in the production of familiar product/ prototypes/ dishes.	Limited and straightforward comments about their work and the work of others.