

Year 7 FOOD TECHNOLOGY

Overall Intent:

The main aim is to enable Year 7 students to develop culinary skills and an understanding of nutrition and healthy eating principles so that they can build confidence when working in the kitchen to plan, prepare and make a range of well-balanced food products. An additional aim is to increase knowledge and practical skills in order for students to lead a healthy lifestyle and increase their understanding of the choices they make. Understanding of commodities such as fruit and vegetables, dairy products, meat and eggs are developed and applied within practical lessons.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Area of study	HEALTH AND SAFETY KNIFE SKILLS EATWELL GUIDE ORGANOLEPTIC ANALYSIS BREAD-MAKING (BINDING, KNEADING, PROVING, SHAPING)	DAIRY AND FAT RUBBING-IN BATCH-BAKING BACTERIA HANDLING OF HIGH-RISK FOOD PRODUCTS	CREAMING METHOD MEAT BINDING AND SHAPING EGGS	The academic year is split in half and students rotate to textiles technology		
Key learning aims – knowledge and skills	Key Knowledge: Students learn about health and safety within the kitchen environment. They learn about nutrition and what makes a balanced diet. Students learn a range of organoleptic words to describe food products. They learn about the key processes and steps within bread making.	Key Knowledge: Students acquire knowledge about the qualities and nutritional value of dairy products. They develop knowledge of bacteria and how chilling, cooking, cross-contamination and cleaning impacts on bacteria. They learn about categories of fruit and vegetables and how they grow. Key Skills: Students practise the rubbing-in method and	Key Knowledge: Students learn about meat sources-rearing, catching, cuts of meat. They acquire knowledge on the anatomy and properties of an egg and make links to free range/battery rearing. Key Skills: Students practise the creaming method. They learn how to use a grill safely.	The academic year is split in half and students rotate to textiles technology		

	Key Skills: Students practise correct and safe chopping techniques.	learn about batch baking. They apply prior learning to handling a high-risk product correctly.		
Assessment		Green sheet assessment (practical focus): Scones practical (incorporates understanding of health and safety practices including correct use of equipment, independence, binding, shaping, batch baking.)	Green sheet assessment (theory focus): Frittata menu (incorporates understanding of students' prior practical lesson, nutrition, organoleptic analysis, flavour combinations and accompaniments)	The academic year is split in half and students rotate to textiles technology.