



Year 7 Food Preparation & Nutrition Curriculum Map

Overview	12 week carousel, 7 x Practical Lessons implementing theoretical knowledge in a practical setting and developing cooking skills. 12 Homeworks reinforcing both theory and practical knowledge with extension work to develop adaptive learning. Theory lessons are based within a kitchen environment. Work is based around Food Provenance and Commodities with the implementation of basic cooking procedures, preparation and cooking skills . All practical work is self evaluated to provide pupils continued focusses and targets related to their practical progress. All rotations conclude with a Mini NEA project based around adaptive GCSE criteria.	
Year 7	First Half of Term	Second Half of Term
Topic	Health and Safety/Food Commodities/Food Provenance/Food Science/Healthy Balanced Diet/Basic cooking skills	Practical Lessons
Knowledge	<p>Mastering Preparing for practical work - Health and Safety Weighing and Measuring Accurately How to use a Hob Safely Sensory Evaluations Knife Skills and Techniques Food Commodities - Based on Fruit products Why we need Food and the Eatwell Guide Food Provenance - Where does our food come from and how is it grown? Food Provenance - How our Food is reared and grown. Food Provenance - Food miles and transportation Food Commodities - meat alternatives Shortening, Aeration and Creaming - Butter, Oil, Margarine Mini NEA project (based on GCSE criteria)</p>	<p>Moving Forward Hot Chocolate Fruit Smoothie Couscous Salad Fruit Crumble Savoury Muffins Scone based pizza Oat fruit Cookies NEA - (Recipe choice)</p>
Skills	<p>Classroom based skills: Safe use of kitchen equipment and appliances Accurately measuring ingredients and liquids Analysing food using sensory characteristics Using a variety of skills and cuts to identify cooking needs, textures and appearance of food. Identifying the advantages and disadvantages of food provenance Ability to modify and adapt recipes to suit an individual's need Adopting Food Science to understand how food changes and applying this in a practical setting. Testing and evaluating Food</p>	<p>Homework based skills: Organisation/Preparation for practical lessons Investigating alternatives or modifying dishes for individual needs Research techniques Creative thinking through designing dishes, posters, product logos Food/Dish analysis and reflection on practical work</p>