

## Year 7 Curriculum Map : Food

	Autumn	Spring	Summer
<b>Assessment Objectives</b>	<ul style="list-style-type: none"> <li>understand and apply the principles of nutrition and health</li> <li>cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</li> <li>become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]</li> <li>understand the source, seasonality and characteristics of a broad range of ingredients</li> </ul>		
<b>Unit Length</b>	7 lessons	6 lessons	6 lessons
<b>Key Learning Outcomes</b>	<ol style="list-style-type: none"> <li>Introduction and Safety</li> <li>Fruit Skewer Practical task, cutting methods and understanding H&amp;S and hygiene when cooking</li> <li>Sensory Analysis, using our senses to describe the food</li> <li>Fruit Juice, are they healthy? What is a calorie?</li> <li>Equipment and its uses.</li> <li>Pizza Toast demonstration, recap on safety and hygiene</li> <li>Pizza Toast Practical</li> </ol>	<ol style="list-style-type: none"> <li>Basics of nutrition, the 8 healthy eating guidelines</li> <li>Introduction to the Eatwell Guide</li> <li>Flapjack Demonstration and understanding of nutrition</li> <li>Flapjack Practical</li> <li>An introduction to Carbohydrates, energy</li> <li>Nutrients and their function</li> </ol>	<ol style="list-style-type: none"> <li>Vitamins and their function</li> <li>Pasta Salad Practical</li> <li>Minerals and their function</li> <li>Food Safety and hygiene</li> <li>Food spoilage – the signs and facts</li> <li>Chocolate Chip Cupcake Practical</li> <li>End of Unit Test</li> </ol>
<b>Prior knowledge</b>	<ul style="list-style-type: none"> <li>understand and apply the principles of a healthy and varied diet</li> <li>prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</li> </ul>	<ul style="list-style-type: none"> <li>understand and apply the principles of a healthy and varied diet</li> <li>prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</li> </ul>	<ul style="list-style-type: none"> <li>understand and apply the principles of a healthy and varied diet</li> <li>prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</li> </ul>
<b>CEIAG specific careers links</b>	Dietician Chef	Dietician Chef Baker	Dietician Chef Baker
<b>RRSA</b>	Article 28: Right to education Article 29: Goals of education	Article 28: Right to education Article 29: Goals of education	Article 28: Right to education Article 29: Goals of education
<b>Cross curricular links</b>	<ul style="list-style-type: none"> <li>Citizenship – understanding about a healthy lifestyle and making healthy food choices</li> <li>Design Technology – health and safety procedures</li> <li>Maths – numeracy work linking to %'s of sugar content etc</li> </ul>	<ul style="list-style-type: none"> <li>Science – links to nutrition and a balanced diet</li> <li>PE – links to energy usage and how our bodies use the food we eat</li> </ul>	<ul style="list-style-type: none"> <li>Science – links to vitamins and mineral, where they come from and how they are used</li> <li>Science – understanding microbes, bacteria and food spoilage</li> </ul>

<p><b>Useful websites/vi deos</b></p>	<p>Sensory Analysis – TASTE  <a href="https://www.youtube.com/watch?v=vVQg5UL1tgc">https://www.youtube.com/watch?v=vVQg5UL1tgc</a></p> <p>Our Senses  <a href="https://www.youtube.com/watch?v=zNchJla7G0E">https://www.youtube.com/watch?v=zNchJla7G0E</a></p> <p>Food Safety and Cooking  <a href="https://www.foodafactoflife.org.uk/7-11-years/cooking/hygiene-and-safety/">https://www.foodafactoflife.org.uk/7-11-years/cooking/hygiene-and-safety/</a></p>	<p>Introduction to the Eatwell Guide  <a href="https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/</a></p> <p>The 8 Healthy Eating Guidelines  <a href="https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/">https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/</a></p>	<p>Food Safety – The 4C's  <a href="https://www.youtube.com/watch?v=nkVY08aqC28">https://www.youtube.com/watch?v=nkVY08aqC28</a></p>
<p><b>Wider Reading</b></p>	 <p>100 Things to Know about Food [Book]  4.8 ★★★★★ 6  <b>£7.49</b>  Browns Books  £3.95 delivery</p>	 <p>Healthy Cooking for Kids: Building Blocks for a Lifetime of Good Nutrition [Book]  5.0 ★★★★★ 1  Paperback · Non-fiction  <b>£12.71</b>  AbeBooks.co.uk  £2.86 delivery</p>	 <p>Food Safety: The Science of Keeping Food Safe [Book]  Paperback · Non-fiction  <b>£73.99 + tax</b> (US\$83.05 + tax)  Biblio.com - TextbooksFast  £4.46 delivery</p>
<p><b>Literacy Programme</b></p>	<ul style="list-style-type: none"> <li>• Decode it NOW</li> <li>• Guided practice/model answers</li> <li>• Sentence Starters</li> <li>• Writing strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Decode it NOW</li> <li>• Guided practice/model answers</li> <li>• Sentence Starters</li> <li>• Writing strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Decode it NOW</li> <li>• Guided practice/model answers</li> <li>• Sentence Starters</li> <li>• Writing strategies</li> </ul>
<p><b>Independent Learning Tasks</b></p>	<p>Mind-map revision homework  Retrieval practice homework  Knowledge Organiser practice Questions.</p>	<p>Mind-map revision homework  Retrieval practice homework  Knowledge Organiser practice Questions.</p>	<p>Mind-map revision homework  Retrieval practice homework  Knowledge Organiser practice Questions.</p>