	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 7	**Healthy Eating** 7 Weeks	**Healthy Eating** 8 Weeks	**Healthy Eating** 6 Weeks	**Healthy Eating** 6 Weeks	**Healthy Eating** 6 Weeks	**Licence to Cook** 5 Weeks
Knowledge & Skills	Welcome to Food **Deli Salad** The Eatwell Guide. The Diet **Vegetable Soup.** Energy Harvest Festival	Starchy Carbohydrates **Savoury Crumble** Cereal In the Dairy **Pizza Toast** Bread. Eggs. **Frittata**	Packed with Protein **Something Fishy** Vitamins & Minerals. **Tuna Pasta Bake** Product analysis **Breakfast Muffins**	Meal Making **Stir Fry.** Hygiene & Safety **Curry in a Hurry** World Foods **Koftas**	Where Food comes from/Food origins **Savoury Rice** Farming & Processing **Pizza Wheels** Create a Dish **Meals for Mates**	**Getting to grips** **Top toastie** **Brilliant baking** **Soup-er!** **Batch bake**
Assessment	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.	Focus 5 (5-minute retrieval at the start of the lesson from previous lesson). Weekly retrieval sheet. End of topic test worksheet / weekly. End of term test multiple topics.