

Year 7 Cooking and Nutrition Curriculum Map

Subject	Autumn Term		Spring Term		Summer Term	
Topic	Introduction to Cooking (7 Weeks)	Food Commodities (8 Weeks)	Diet and Health (6 Weeks)	World Foods (6 Weeks)	Healthy Eating (6 Weeks)	Licence to Cook (6 Weeks)
Key Content	Food Safety Stripy salad pots The Eatwell Guide Vegetable Soup/ Spicy tomato soup Food Hygiene Pasta Bake Oven Safety	Fruit and Vegetables Savoury Crumble Cereal and Grains Breakfast Muffins In the Dairy Pizza Toast Egg production Frittata Trip - Smithills Dairy Farm	Diet and Health Function of Protein Chicken Curry Vitamins & Minerals Tuna Pasta Bake Product analysis Chicken Goujons	Food and Culture European Cuisine Spaghetti Bolognese Middle Eastern Cuisine Couscous salad/ Koftas Asian Cuisine Stir Fry Guest Sushi Chef Visit	Food origins Savoury Rice Farming & Processing Pizza Wheel Create your own Dish Meals for Mates	Fruit Fusion Minestrone Soup Croque Monsieur Flapjacks/ Granola Bars Thai Green Curry Omelette Apple turnovers
Knowledge & Skills	<p>Pupils will develop their knowledge and understanding of healthy eating, food safety and how to make healthy, informed choices when selecting ingredients. They will focus upon improving their knife skills and developing their confidence using the hob and oven. These skills will be built upon throughout the year to prepare them for the 'Licence to cook programme' which allows them to further develop their practical skills and independence.</p>	<p>Pupils will develop their knowledge of ingredient functions, food provenance and food production. They will extend their knowledge of dairy production through a visit to a local farm and have the opportunity to talk first hand to the farmers and staff involved in the production process. They will also develop their grill and hob skills and build upon prior baking knowledge to prepare more complex dishes.</p>	<p>Pupils will extend their knowledge and understanding of healthy eating, focusing in more depth on food functions and nutrition. They will begin to analyse products to make more informed food choices and recognise the importance of having a healthier lifestyle. They will build upon their previous food safety knowledge and apply this when preparing raw meat products. They will revisit food contamination in more depth and link this to food borne illnesses.</p>	<p>Pupils will develop their understanding of world cuisines and how religion and culture can influence food choices. They will develop their cultural capital by trying new and unfamiliar ingredients and experience professional food preparation from a visiting sushi chef. This unit is about pupils exploring new tastes and textures and developing their competence and confidence using the hob.</p>	<p>Pupils will extend their knowledge of food commodities and focus on the farming and processing of meat and fish. They will focus upon the 'farm to fork' journey of pillar ingredients used in the UK. They will also build on their cooking skills gained in previous units to select and cook a recipe of their choice to fit a specific healthy eating brief.</p>	<p>Pupils will consolidate and extend their knowledge of key concepts and skills gained throughout the year and apply this in the 'Licence to Cook' programme. The focus for this unit is to interpret and follow recipes with confidence and apply new cooking skills to prepare and make dishes independently.</p>
Assessment	<p>Pupils knowledge and understanding is supported and assessed through the use of formative and summative assessments, ensuring our pupils know more and remember more.</p>					

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