

Last updated 11.11.21

	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
Key content	<p>Welcome to Food</p> <p>Deli Salad</p> <p>The Eatwell Guide.</p> <p>The Diet</p> <p>Vegetable Soup.</p> <p>Energy</p> <p>Harvest Festival</p>	<p>Starchy Carbohydrates</p> <p>Savoury Crumble</p> <p>Cereal In the Dairy</p> <p>Pizza Toast</p> <p>Bread. Eggs.</p> <p>Frittata</p>	<p>Packed with Protein</p> <p>Something Fishy</p> <p>Vitamins & Minerals.</p> <p>Tuna Pasta Bake</p> <p>Product analysis</p> <p>Breakfast Muffins</p>	<p>Meal Making</p> <p>Stir Fry</p> <p>Hygiene & Safety</p> <p>Curry in a Hurry</p> <p>World Foods</p> <p>Koftas</p>	<p>Where Food comes from/Food origins</p> <p>Savoury Rice</p> <p>Farming & Processing</p> <p>Pizza Wheels</p> <p>Create a Dish</p> <p>Meals for Mates</p>	<p>Getting to grips</p> <p>Top toastie</p> <p>Brilliant baking</p> <p>Soup-er!</p> <p>Batch bake</p>
Knowledge	<p>Develop understanding of ingredients and healthy eating.</p> <p>Develop their knowledge of food provenance.</p> <p>Develop knowledge of consumer food and drink choice.</p> <p>Identify different food groups and discuss healthy eating habits.</p>	<p>Recall and apply the principles of <i>The Eatwell guide</i> and the 8 tips for healthy eating, to their own diet.</p> <p>Develop their knowledge of consumer food and drink choice.</p> <p>Apply their knowledge to make informed food choices.</p> <p>Discuss energy and how needs change through life.</p> <p>Name the key nutrients, sources and functions.</p>	<p>Develop their knowledge and understanding of ingredients and healthy eating.</p> <p>Develop their knowledge of food provenance.</p> <p>Build and apply a repertoire of knowledge, understanding and skills in order to create high quality dishes for a wide range of people.</p>	<p>Demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making.</p> <p>Acquire and apply a knowledge and understanding of food science.</p> <p>Recall and apply the principles of <i>The Eatwell guide</i> and the 8 tips for healthy eating, to their own diet.</p> <p>Discuss energy and how needs change through life.</p> <p>Name the key nutrients, sources and functions.</p>	<p>Recall and apply the principles of <i>The Eatwell guide</i> and the 8 tips for healthy eating, to their own diet.</p> <p>Recall different food groups and discuss healthy eating habits.</p> <p>Discuss energy and how needs change through life.</p> <p>Name the key nutrients, sources and functions.</p> <p>Developing understanding of food processing from farm to fork.</p>	<p>Identify the origin and simple functions of ingredients</p> <p>Use healthy eating and <i>The Eatwell Guide</i> to influence food choice.</p> <p>Develop knowledge, understanding and skills needed to engage in an iterative process of designing and making in a range of contexts, such as the home, school and culture.</p>

Skills	<p>Acquire and demonstrate food preparation and cooking techniques.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Develop the creative, technical and practical skills needed to perform everyday tasks confidently.</p>	<p>Develop the creative, technical and practical expertise needed to perform everyday tasks</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p>	<p>Evaluate and test their ideas and the work of others.</p> <p>Acquire and demonstrate food preparation and cooking techniques.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Develop the creative, technical and practical skills needed to perform everyday tasks confidently.</p>	<p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Acquire and demonstrate a range of food skills and techniques.</p>	<p>Evaluate and test their ideas and the work of others.</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p> <p>Acquire and demonstrate food preparation and cooking techniques.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Acquire and demonstrate a range of food skills and techniques.</p> <p>Develop the creative, technical and practical skills needed to perform everyday tasks confidently.</p>	<p>Build confidence using basic equipment and tools</p> <p>Apply basic practical skills independently.</p> <p>Demonstrate food preparation and cooking techniques.</p> <p>Demonstrate the principles of food hygiene and safety.</p>
Assessment	Pupils knowledge and understanding is supported and assessed through the use of formative and summative assessments, ensuring our pupils know more and remember more.					