



## Curriculum Intent

### Subject: YEAR 7 FOOD & NUTRITION

	What?		Why?	Link to National Curriculum
Term 1-1	Health & Safety in the food room Washing up, practical routines and layout of the room/units Food Hygiene & Safety Food Poisoning & Key temperatures for food safety RECAP/TEST	POSSIBLE PRACTICAL ACTIVITIES: Knife skills (using sharp knives safely) Croque Monsieur Pizza Muffins Accurate weighing & measuring of dry and liquid ingredients	To be able to work safely in the food room and follow practical routines To be able to produce food hygienically that is safe to eat To be able to use knives and equipment accurately and safely To know what causes food poisoning and key temperatures for controlling bacterial multiplication	Competent in a range of cooking techniques: food hygiene and safety when selecting and preparing ingredients
Term 1-2	Tools and Equipment Weighing & measuring The cooker RECAP/TEST	Using the cooker  **Christmas	To know the names and uses of food equipment. (To be able to select and use appropriate equipment accurately and safely at GCSE) To be able to accurately weigh and measure dry/liquid food ingredients in order to ensure the success of recipes To know the different parts of the cooker and uses and to be able to safely use the cooker	Competent in a range of cooking techniques: using utensils and equipment
Term 2-1	A balanced diet The Eatwell Guide/the sections/the foods from each group RECAP/TEST	POSSIBLE PRACTICAL ACTIVITIES Apple crumble Pasta salad Flapjack/Fruity flapjack	To understand the principles of a balanced diet in relation to current Government healthy eating guidance: The Eatwell Guide. To understand the 5 main sections on the eatwell guide, the foods from each section and foods that should be reduced on the outside of the Eatwell Guide	Understand and apply the principles of nutrition and health: EATWELL GUIDE
Term 2-2	The Eatwell Guide, macronutrients/vitamins and minerals/fibre provided by each section RECAP/TEST	** Easter	To know what a balanced diet is and the types and quantities of foods we should have in our diet to keep us healthy. To know which foods to avoid/reduce in the diet	Understand and apply the principles of nutrition and health: EATWELL GUIDE
Term 3-1	Health issues relating to a poor diet: Sugar, dental health, obesity, development of type II diabetes Reducing the amount of sugar we eat RECAP/TEST	POSSIBLE PRACTICAL ACTIVITIES Banana Muffins Ratatouille	To know some of the health implications of poor food choices To be able to identify healthier alternatives (reducing sugar in the diet)	Understand and apply the principles of nutrition and health
Term 3-2	Fibre and bowel-related disorders Increasing the amount of fibre we eat RECAP/TEST	**Fruit salad/summer	To know some of the health implications of poor food choices To be able to identify healthier alternatives (increasing fibre in the diet)	Understand and apply the principles of nutrition and health