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| **Subject: Food and Nutrition** |
| **Year:7** |
| Half -Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Themes/Content/A can of a product  Description automatically generated with medium confidenceUnits covered | Students working together in the kitchen with new partners and as a teamAnalysing how cross contamination works and suggesting how it impacts on our cooking and cleaning at home Learning basic health and safety in the kitchen | Safely using large pieces of kitchen equipment independentlyTrying foods for the first time or trying something that I don’t likeReading recipe instructionsIndependent use of knowledge organisers to build memory and recall | Taking responsibility for a table and becoming a head chefEating together in a social environment Learning about key food science terms through practical work such as coagulation and dextrinizationLearning about energy and the five key nutrients  | Learning about healthy eating and how to apply it at home and to our own dietsUsing memory and recall and applying theory knowledge independently in an assessmentLearning key techniques (rubbing-in method) by independently making scones | Learning about re-using food and reducing food wastageHow to budget when food shoppingLearning and applying the all-in-one technique to a batch product  | Learning about processed and ultra-processed foods and their impact on our health Independently preparing and cooking raw meat itemsLearning about key temperatures for bacterial development and storing food safely at home |