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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 team  Analysing 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 independently  Trying foods for the first time or trying something that I don’t like  Reading recipe instructions  Independent use of knowledge organisers to build memory and recall | Taking responsibility for a table and becoming a head chef    Eating together in a social environment    Learning about key food science terms through practical work such as coagulation and dextrinization  Learning about energy and the five key nutrients | Learning about healthy eating and how to apply it at home and to our own diets  Using memory and recall and applying theory knowledge independently in an assessment  Learning key techniques (rubbing-in method) by independently making scones | Learning about re-using food and reducing food wastage  How to budget when food shopping  Learning 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 items  Learning about key temperatures for bacterial development and storing food safely at home |