

FOOD AND NUTRITION Year 7 Curriculum Overview

What is the Year 7 Food and Nutrition curriculum aiming to achieve?

What do we want our Year 7 to be like?	How are we building on prior learning?	How can parents/carers support their child's learning?
<ul style="list-style-type: none"> To work safely in the food rooms. To use equipment confidently and safely. Demonstrate basic cutting and chopping techniques. Demonstrate knowledge of healthy eating guidelines 	<ul style="list-style-type: none"> Enhance the experience of working independently. Increase confidence in working with a range of ingredients. Introduce specialist equipment. Increase food hygiene awareness. 	<ul style="list-style-type: none"> Include children in food preparation tasks. Ensure child knows how to wash up by hand. Look out for cookery programmes on TV channels. Gain awareness of dietary information on food labels.

How are we organising the Year 7 Food and Nutrition curriculum?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Food safety & Hygiene Seasonality Healthy eating Eatwell guide Healthy lunches		Diet and energy needs Nutrition Recipe development & time management Environmental issues		Food science - Raising agents Food processes linking to ingredients.	
Threshold Concepts	Health, safety, hygiene in the kitchen. Use of safe knife skills – bridge and claw. Use of equipment. Dietary food choices.		Developing practical skills Application of knowledge Knowledge of energy balance. Environmental issues – food miles Planning time		Functions of ingredients – raising agents Eating habits Development of recipes	
Skills	Preparation of self and work area Safe use of knives/ use of the blender/kettle/ use of hob and oven Hygienic washing up		Development of recipes Rubbing in method/ use of a corer/ use of a stick blender. How to follow a recipe		Development of recipes Kneading, accurate weighing and measuring.	
Enrichment within the curriculum	Students can use a wide range of cookery books and journals to expand their knowledge of recipes and cooking techniques. Students will have the chance to see and use a wide range of tools and equipment not always available in the domestic home environment.					
Cross curricular links	<ul style="list-style-type: none"> Science-conducting experiments, how ingredients work, combining ingredients to create another product. Maths-weighing, measuring, adding items together, calculating costs. Geography-sustainability, environmental issues such as suitability of area for particular crops 					
Extra-curricular opportunities	Students will be encouraged to explore the local community to identify local crops and foodstuffs. They will be encouraged to speak to older relatives and friends to find out more about traditional recipes and eating habits. Students will be encouraged to enhance knowledge of food and nutrition through watching television/radio/online programmes, reading information in national press.					

What are the intended outcomes of the Year 7 Food and Nutrition curriculum?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Opportunities to show progress (Assessments)	Knowledge assessment on Healthy eating, seasonality and safety and hygiene. Practical assessment		Knowledge assessment on diet and energy balance and environmental issues Practical assessment		Knowledge assessment on raising agents. Practical assessment	
Impact on personal development (SMSC)	Students are encouraged to work independently and to take responsibility for the safe and hygienic preparation of a range of foods. They are required to ensure their work areas are left clean and tidy for others to use. Students are made aware of the implications of the choice of diet they make on their health. Students are encouraged to consider the implications of the choices they make on the environment.					
Preparation for the next stage of education	Students are taught basic skills in year 7 that create the foundation for confident and competent cooks in year 8. The practical opportunities allow learners to develop key skills and knowledge that enable them to access a range of higher skill level recipes with confidence. The theory of nutrition enables students to make dietary choices, which contribute to greater well-being.					