



# FOOD TECHNOLOGY

## Year 7

### What are the aims and intentions of this curriculum?

Students will become independent, resourceful and respectful individuals by exploring different cultures, beliefs and traditions with food. The scheme of work for Year 7 and 8 links into many subjects with topics such as sustainability and world food cultures, science with food chemistry, microbiology and nutrition. It aims to develop social and life skills within the classroom that will encourage each child to link nutrition and health to wellbeing. Food technology allows children to gain a range of practical skills to help them to be creative and independent. Throughout Food Technology there is focus on preparing healthy dishes safely and hygienically. They will invest in their practical work to enable key life skills. Students are encouraged to be creative via the Scheme of Work taking into consideration diversity, tolerance and individuality which is celebrated. Linking to religious studies with food beliefs and choices, how British values have influenced the history of eating patterns and food availability. Along with basic nutrition and the importance of a balanced diet. Children will develop their practical skills, to further develop their confidence and independence in this area. Food technology is an open door to the possibilities of how our next generation will appreciate the food foot print and the eco-friendly world that is needed a head of them. Food Technology is inclusive of all different styles of learning and assessed through a variety of practical tasks, quizzes, team building and over all intelligence on what food does for us.

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Autumn 1	<p><b>Mental wellbeing</b></p> <p>How food supports mental health and the effects it has on physical abilities e.g. energy, moods, weight and mental abilities.</p> <p>Demonstrate a range of food preparation and cooking techniques.</p>	<p>Understand what food does for us and how we can change our habits.</p> <p>To understand and follow health and safety rules and demonstrate the safe use of key pieces of equipment in the kitchen including hob and oven.</p>	<p>Prepare and make a range of products, including accurate weighing, cutting techniques, rubbing-in etc.</p> <p>To learn how to follow a recipe and understand the importance of working methodically.</p> <p>To understand basic healthy eating principles, such as the Eatwell Plate.</p> <p>Working with different people.</p>	<p>Teaching student's practical cookery skills in order to help them understand the characteristics of ingredients and about their diet and nutritional needs.</p> <p>Assessed through practical tasks. This way they learn by doing and pick up other relevant life skills such as Organisational skills, Teamwork, time management, social skills, emotional intelligence.</p>

<p><b>Autumn 2</b></p>	<p><b>Physical health and fitness</b> Balanced diets, recognising labels for information on weight, links with diet and exercise, concerns around fast food fast life, health issues and food, allergies, culture and traditions.</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes.</p>	<p>How the Eatwell plate works with 5 a Day along with how the principles of <i>The Eatwell Guide</i> by relating this to their own diet.</p>	<p>Name the main nutrients provided by <i>The Eatwell Guide</i> food groups.</p> <p>To prepare and cook a dish using vegetables, salad vegetables and a dressing, (such as pasta, potato as well as fruit). Apply the principles of food safety and hygiene when cooking and demonstrate the safe use of sharp knives.</p> <p>To evaluate food products using the five senses and consider improvements that could be made.</p>	<p>Be able describe the principles of The Eatwell Guide and relate it to their own diet. Name the main nutrients through oral assessments, quizzes and scenarios</p> <p>Practical skills, communication, team management, understanding of health benefits in foods and How is effects our health.</p>
<p><b>Spring 1</b></p>	<p><b>Healthy eating</b> how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.</p> <p>Recall and apply the principles of food safety and hygiene. Demonstrate the knowledge, understanding and skills needed to engage in an iterative process of designing and making.</p>	<p>Design skills will be developed through the completion of the mini projects. The project will require students to consider different ingredients and flavour combinations they could use to make a batch of savory dishes.</p>	<p>Other practicals will also require students to develop design ideas to show how they are modifying original recipes to make them healthier and more suited to their personal tastes.</p> <p>For differentiation, level 4 and 5 students will be encouraged to modify ingredient lists issued for practical lessons to demonstrate the development of design ideas, initiative, and willingness to experiment.</p>	<p>Impact of working individually and independently. Design and make outcome</p>
<p><b>Spring 2</b></p>	<p><b>Health and prevention</b> Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics – each practical lesson will cover the items listed. Recall and apply the principles of food safety and hygiene.</p>	<p>Explain where potatoes, bread, rice, pasta and other starchy carbohydrates come from and why they are important in the diet. Understand Food related causes of ill health including bacteria, allergies and intolerances</p>	<p>To identify how lifestyle and culture can affect food choice.</p> <p>Calculate the energy and nutrients provided by a recipe using a nutrition analysis programme.</p>	<p>Children will learn how to work safely and hygienically in a Food environment and develop their skills to produce a variety of dishes.</p>

<p><b>Summer 1</b></p>	<p><b>Dental health and the benefits.</b>          Good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist - Balanced diets, what food does in our bodies</p>	<p>Explain where dairy and alternatives come from and how consumer demand influences availability, e.g. lower fat dairy products.</p>	<p>Compare and evaluate a range of dairy and alternative products using food labels and sensory evaluation.</p> <p>Peer observations during practical</p>	<p>Children are informed and practice Health and safety within the kitchen along with a clear understanding of Hygiene and Health when they are completing tasks, understand tolerances and allergies with foods.</p>
<p><b>Summer 2</b></p>	<p><b>Balanced diets</b>          What food does in our bodies          The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn – Eating schedules’ how it affects daily life and our bodies.          Identify how and why people make different food and drink choices.</p>	<p>To prepare and cook a dish using dairy and alternative products, such as pizza toast.          When we should eat and portion control</p>	<p>Time management in the kitchen. Using time effectively.          This helps students to develop the skills and knowledge they need to make and implement healthy food choices, to be comfortable and confident in a kitchen.</p>	<p>Apply knowledge of ingredients to design a dish for a specific purpose and justify their choice.</p>