|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Year 7 – Food and Nutrition |  | | | | | |
| **Enquiry Question: How is learning how to cook an essential life skill?** | | | | | | |
| **Unit title: Food and Cooking!**  Why now? Students will acquire a range of food skills increasing in complexity and accuracy, to cook a variety of dishes, safely and hygienically, and understand how to apply their knowledge of nutrition and food provenance. | | | | | | |
| **Knowledge**  Students will know about… | **Application/Skills**  Students will be able to… | Vocabulary  *(Tier 2 and 3)* | Home Learning | Assessment | Recommended Reading | Places to visit |
| Kitchen safety and how prevent hazards  Food safety and hygiene – control of bacteria  Diet and health – eatwell guide, healthy eating tips  Function and use of cooking equipment and utensils    Weighing and measuring and following recipes    How to use the cooker safely  Food science – function and properties of ingredients  Food provenance – food growing, seasonality, sustainability  Food preparation and cooking techniques | Describe the steps on how to get ready to cook  Explain how the eatwell guide is used to make healthy food choices  Explain and demonstrate safe practices when using equipment  Demonstrate good food preparation and cooking skills and techniques  Understand how to work cooperatively as a team  Explain how to grow food such as herbs and potatoes  Describe the sensory qualities of food | Nutrient  Method  Evaluate  contamination  modify  Hygiene  Bacteria  Food poisoning  Savoury  Palatability  Julienne  Coagulation | Food research and investigations  Practical evaluations  Recipe planning  Planning and choosing ingredients | Class discussions about the topic.  Food workbook  Self and Peer assessment.  Written evaluations  Short recall tests  Practical assessment of food skills  End of unit assessment | Eatwell Guide/ healthy eating:  <https://www.nhs.uk/change4life>  Culinary expertise:  [www.bbcgoodfood.com](http://www.bbcgoodfood.com)  <https://www.bbcgoodfood.com/feature/videos> | Stepney Farm – family farm club  [stepneycityfarm.org/family-farm-club/](https://d.docs.live.net/14ce8f05e77a7e35/FoodTechResources/Curriculum overviews/stepneycityfarm.org/family-farm-club/)  Tower Hamlets Food growing Network: <https://www.wen.org.uk/2019/10/23/sustainable-food/> |