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| 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 hazardsFood safety and hygiene – control of bacteria Diet and health – eatwell guide, healthy eating tipsFunction and use of cooking equipment and utensils Weighing and measuring and following recipes How to use the cooker safelyFood science – function and properties of ingredients Food provenance – food growing, seasonality, sustainabilityFood preparation and cooking techniques | Describe the steps on how to get ready to cookExplain how the eatwell guide is used to make healthy food choicesExplain and demonstrate safe practices when using equipmentDemonstrate good food preparation and cooking skills and techniquesUnderstand how to work cooperatively as a teamExplain how to grow food such as herbs and potatoesDescribe the sensory qualities of food | NutrientMethodEvaluatecontaminationmodifyHygieneBacteriaFood poisoningSavouryPalatabilityJulienneCoagulation | Food research and investigationsPractical evaluationsRecipe planningPlanning and choosing ingredients | Class discussions about the topic.Food workbook Self and Peer assessment. Written evaluationsShort recall tests Practical assessment of food skillsEnd 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%20overviews/stepneycityfarm.org/family-farm-club/) Tower Hamlets Food growing Network: <https://www.wen.org.uk/2019/10/23/sustainable-food/> |