

Subject:	Food and Nutrition	Year group:	7
Topic:	Food and Cooking: Controlling Heat, Food Safety, Hygiene, Healthy Eating and Practical Cookery Skills	Sequence:	Term 1a
Prior learning: (What previous learning will the new learning in this unit build upon?)		Next learning: (What learning comes next and builds upon this unit?)	
• Basic kitchen experiences from home and primary school. • Understanding simple hygiene practices such as hand washing. • Awareness of healthy eating and different foods. • Experience of following simple instructions and recipes		• Development of more advanced practical cooking skills. • Greater understanding of nutrition and healthy eating for teenagers. • More complex recipe adaptation and meal planning. • Increased independence in planning, preparing and evaluating food products.	
Learning objectives: (In chronological order)	Duration: (How long it usually takes to secure each learning objective)	Homework: (Activities to consolidate learning outside the classroom)	Specific vocabulary: (Subject specific terms relating to each learning objective)
Understand classroom expectations, health & safety, food hygiene and washing-up procedures.	1 lesson	Review classroom rules and expectations.	Hygiene, safety, hazard, contamination, disinfect, practical
Understand classroom expectations, health & safety, food hygiene and washing-up procedures.	1 lesson	Equipment identification activities.	Sieve, grater, saucepan, blender, weighing scales, chef's knife
Identify food technology equipment and explain its uses.	1 lesson	Food hygiene poster/leaflet.	Cleaning, Cooking, Chilling, Cross-contamination, bacteria, food poisoning
Understand personal hygiene and the 4Cs of food hygiene.	2 lessons		Sensory analysis, texture, aroma, appearance, flavour, crudités
Conduct sensory analysis and prepare Crudités with Dip safely. Understand healthy eating and the 5-a-day recommendation.	1 lesson	NHS healthy eating research task.	Nutrition, vitamins, minerals, fruit, vegetables, portion
Classify vegetables and understand their nutritional importance.	1 lesson		Roots, stems, bulbs, tubers, leaves, fruits, seeds, flowers

Use the melting method to produce Oaty Biscuits.	1 lesson	Complete evaluation and food presentation design task.	Melting method, ingredients, baking, combine, mixture
Understand cooker parts, heat transfer and cooking methods (conduction, convection, radiation).	1 lesson	Design a healthy dish and presentation plan.	Conduction, convection, radiation, heat transfer, grill, oven
Prepare and evaluate an Omelette using safe cooking practices.	1 lesson		Omelette, garnish, grill, whisking, presentation
Understand food safety, storage and food groups.	1 lesson		Pathogenic bacteria, high-risk foods, storage, nutrients
Prepare Fruity Fairy Cakes and evaluate outcomes.	1 lesson	Food diary completion.	Baking, ingredients, evaluation, texture, appearance
Prepare Roasted Vegetable Muffin Pizzas and learn healthy eating principles.	2 lessons	Healthy eating activities and revision.	Carbohydrates, protein, fats, vitamins, minerals, fibre
End-of-unit assessment and review.	1 lesson	Revision.	Review, assessment, evaluation