



Food Preparation and Nutrition Long Term Plan Year 7 2019

Temperance Term

W/C	2nd September	9th September	16th September	23rd September	30th September	7th October	14th October	21st October
Topic	H&S						Sensory Analysis	Eatwell Guide
	Introduction to Safety and hygiene in a food room Learning journey	Safe use of knives Cutting skills	Knife skills practical Chopping sheet	Fruit kebabs baseline. Enzymic browning Acids Fruit identification	Heat transference Convection, conduction and radiation	Sensory analysis of biscuits	Eatwell guide Diet and food choices	
Challenge	Advance H&S rules	Demonstrate to class correct holds/ assistant	Challenge boxes of 3x knife skills	Small fruits and additional flavours	Explain how various cooking methods use each heat transference	Use advance descriptive language to enhance analysis	Nutritional breakdown of foods.	
Assessment	Self/Peer assessment on set criteria	Teacher VF	Use of knife, safety and holds. Teacher VF	Ability to follow basic recipe. Teacher VF	Self/Peer assessment on set criteria			
W/C	HALF TERM	4th November	11th November	18th November	25th November	2nd December	9th December	CHRISTMAS
Topic		Eatwell Guide						
		Tomato sauce and pasta practical	Cereals, starches	Cheesy Scone practical	Scientific Language in Food (Dextrinization)	Scone based pizza Weighing and measuring	Diary products (Christmas practical)	
Challenge		Flavourings and adaption of aroma	Explain the breakdown of starches and sugars	Shaping and finishing	Breakdown in full of dextrinization	Conversion of weights	Shaping and moulding	
Assessment		Creating basic dish and H&S Teacher VF	Self/Peer assessment on set criteria	Shaping food accurately nTeacher VF	Self/Peer assessment on set criteria	Accurate weights and measurements. Teacher VF	Self/Peer assessment on set criteria	



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Justice Term

W/C	6 th January	13 th January	20 st January	27 th January	3 rd February	10 th February	HALF TERM
Topic	Food Safety						
	Food risk and bacteria	Fruit crumble	Developing a product	Noodle salad Evaluating practical work developing a product (adaptions)	Noodle salad practical	High risk foods Food poisoning	
Challenge	3x advanced bacteria	Flavour combinations	Analysing product and improvement on work	Analyse a range of products and find pro/cons in them then state how you could improve theis	Layering and presentation	Explain why high risk foods need to be handled in certain ways and compare to other food groups	
Assessment	Self/Peer assessment on set criteria	Independent recipe + H&S Teacher VF	Self/Peer assessment on set criteria	Peer assessment on set criteria (sensory tasting)	Garnishing Teacher VF	Marked online quiz (SMHW)	
W/C	24 th February	2 nd March	9 th March	16 th March	23 rd March	30 th March	EASTER
Topic	Eatwell Guide Pt 2						
	Protein Meat, fish, eggs and beans	Chicken Goujons/ Mozzarella Goujons practical	Nutritional Analysis (Food fact of life nutrition program)	Batch cooking	Rainbow cookies practical	Issues that affect health and diet (nutritional requirements)	
Challenge	Analysis of proteins and nutritional values	Combination of crumbs			Analyse and compare Mary Berry vs Jamie Oliver recipe	Compare 3 different age groups and what requirements are	
Assessment	Self/Peer assessment on set criteria	Working safely with high risk food (following rules) Teacher VF	Self/Peer assessment on set criteria		Batch cooking Teacher VF	Self/Peer assessment on set criteria	



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Courage Term

W/C	20 th April	27 th April	4 th May	11 th May	18 th May	HALF TERM
Topic	Eatwell Guide Pt 2				Assessment	
	Adaptions to recipe, taste, aroma and diet. Taste testing of muffins.	Breakfast muffins sweet/savoury practical	Carbohydrates (simple and complex)	Product analysis of breakfast muffin/ packaging	Own snack design for a teenager/ masterchef	
Challenge	State nutritional and health benefits of recipe	Adapt recipe to certain dietary requirement	Explain the differences including fibre and content	Full sensory analysis plus comparison to others	Apply previous lesson analysis to class and state benefits	
Assessment	Self/Peer assessment on set criteria	Ability to use own recipe and apply H&S Teacher VF	Self/Peer assessment on set criteria		Analyse and development Teacher VF	
W/C	1 st June	8 th June	15 th June	22 nd June	29 th June	6 th July
Topic	Assessment		Development for yr 8			
	Own snack design for a teenager/ masterchef. Practical	Evaluation and feedback	McDonald's development challenge	Enrichment Week	Great food Quiz of the Year	Targets for year 8
Challenge	Presentation of food	Explain improvements needed and how they would approach these	Create a nutrition label	N/A	Beat the clock	Aim for 3 challenge level tasks
Assessment	KS3 Internal Exams		Self/Peer assessment on set criteria		Quiz marked and results given	Self/Peer assessment on set criteria