

HALF TERM

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	CHRIS TMAS
Topic	Introduction to cooking and nutrition – Working safely in the kitchen and maintaining a healthy, balanced diet						

Challenge Objective and Content (for all learners)	7. CQ: What is the Eatwell Guide? To identify the basic principles of a healthy diet, energy needs and that some people have special dietary needs 8. FPT Sweet or savoury crumble CQ: How can dishes be adapted to meet the Eatwell guide? Recall and demonstrate the use of the rubbing in method	1. What is high risk food? Bacteria and food safety 2. FPT - Chicken Goujons CQ: How do I prevent food poisoning?	1. Why is it important to taste food? Sensory analysis and evaluating dishes 2. FPT – Sensory analysis- Tasting CQ: How do I complete a sensory analysis?	
	Inspire Opportunities	IQ: What are special dietary needs?	IQ: What measures do food outlets have to put in place to prevent cross contamination?	
	Assessment Opportunities	Self-evaluation of practical against recipe guidance	PA: Peer assessment of food safety. Teacher VF/ Responding to Feedback. Self-Assessment (SA) of practical	
			Teacher Assessment (TA) Summative assessment of End of term Assessment	

Justice Term

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	HALF TERM
Topic	Dietary needs and special diets Macronutrients: Carbohydrates, Protein and Fat						
Challenge Objective and Content (for all learners)	1. Where does pasta come from? Cereals, potatoes, rice- Starchy foods 2. FPT – Pasta ragu CQ: How do I use the hob safely?		1. Where does rice come from? Growing and harvesting of grains 2. FPT - Mochi		1. What role does sugar have in the diet? 2. FPT – Dutch apple cake / Pear marble cake CQ: What do raising agents do?		
Inspire Opportunities	IQ: What is fibre?		IQ: How can rice, wheat, cereal and potatoes be farmed sustainably?		IQ: What is fairtrade?		
Assessment Opportunities	Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical		Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical		Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical		

	Week 1	Week 2	Week 3	Week 4	Week 5	EASTER
Topic	Dietary needs and special diets Macronutrients: Carbohydrates, Protein and Fat					
Challenge Objective and	1. How does bread rise? Understand gluten formation		1. How can the nutritional content of a dish improved?		1. What have I learned this term?	

Food and Nutrition Learning Journey Year 7

Content (for all learners)	2. FPT – Bread dough	Design a pizza, adding vitamins and mineral, fibre, etc. 2. FPT – Pizza	Revision and Assessment	
Inspire Opportunities	IQ: How do I explain the science of budding? Teacher VF/ Responding to Feedback	IQ: How do chefs make food appealing and healthy? Teacher VF/ Responding to Feedback Self-Assessment (SA) of pizza		
Assessment Opportunities			Self-Assessment (SA), Teacher Assessment (TA) Summative assessment	

Courage Term

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Topic	Food science and Food Provenance Cooking methods, Food choice					
Challenge Objective and Content (for all learners)	1. How does a sauce thicken? Understand starch and gelatinisation 2. FPT - Macaroni cheese		1. What factors affect food choice? Diet, religion culture. 2. FPT - Thai Curry		1. What function do eggs have in baking? Eggs & Coagulation? Farming of eggs, create a poster. 2. FPT - Omelette	
Inspire Opportunities	IQ: What other foods are gels?		IQ: How does lifestyle and income affect food choice?		IQ: What are the physical and chemical properties of eggs?	
Assessment Opportunities	Teacher VF/ Responding to Feedback		Teacher VF/ Responding to Feedback		Teacher TA assessment of research	

HALF TERM

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	SUMME
Topic	Food science and Food Provenance Cooking methods, Food choice						

Food and Nutrition Learning Journey Year 7

Challenge Objective and Content (for all learners)	2. FPT - Planning for free cook CQ: What progress have I made in year 7?	Free cook planning 1. CQ: What progress have I made in year 7? 2. FPT – Free cook	1. How do I evaluate my practical work 2. Assessment and feedback	
	IQ: Can I challenge myself?	IQ: How do I apply all the knowledge I have covered this year?	IQ: How will I continue to make progress in year 8?	
	Teacher VF/ Responding to Feedback. PA: Peer assessment of plan. Teacher VF/ Responding to Feedback. Self-Assessment (SA) of plan	Teacher VF/ Responding to Feedback PA: Peer assessment of TOPIC.	Teacher Assessment (TA) Summative assessment of YTD.	