

Food Preparation and Nutrition Long Term Plan Year 7

Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Topic	Health and Safety		Health and Safety			Health and Safety	Sensory Analysis	
Core	Induction- Understanding the rules to be able to use the kitchens safely. <ul style="list-style-type: none"> Introduction to Safety and hygiene in a food room Classroom rules and why these are in place Learning journey 		Safe use of knives within the kitchens <ul style="list-style-type: none"> Cutting skills using knife skills sheet Safely use a knife How to carry, handle and store a knife Knife skills practical- vegetables and salads. Basic skills. Explain the process of Enzymic browning and how this effects fruits Fruit Kebab baseline/ fruit kebab improvement 			Understanding of Heat transference in cooking <ul style="list-style-type: none"> Know the different sections of the oven Know how to turn the hob and oven on safely Explain what convection, conduction and radiation cooking is 	What is a sensory analysis and what does it enable in the kitchens <ul style="list-style-type: none"> Know what a sensory analysis is What is descriptive language and how can it help me in food What can doing a sensory analysis achieve Carry out sensory analysis of biscuits How to record a sensory analysis 	
Challenge	Advance H&S rules HW- Health and safety rules poster		Student demonstrate to class correct holds Able to do the finer knife cuts Small fruits and additional flavours HW- Knife safety quiz			Explain how various cooking methods use each heat transference HW- Using a hob at home	Use advance descriptive language to enhance analysis evaluations HW- Sensory analysis word clouds	
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	Self/Peer assessment on set criteria	

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	Eatwell Guide		Eatwell Guide				
Core	Understanding what the Eatwell guide is <ul style="list-style-type: none"> How does the Eatwell Guide effect diet and food choices Explain the different groups in the Eatwell Guide Noodle salad practical- practical use of cooker and application of Eatwell Guide in meal 		What are Carbohydrates and how can they effect the diet <ul style="list-style-type: none"> What is a simple and complex carbohydrate How do carbohydrates work What do carbohydrates do to the body Cheesy Scone practical – binding carbohydrates What is Dextrinization in relation to carbohydrates and how does it work How can combining carbohydrates with other Eatwell guide sections effect dextrinization, practical application of scone based pizza Gingerbread practical- H&S round up 				
Challenge	Nutritional breakdown of foods in relation to the Eatwell Guide. HW- Eatwell Guide at home		Explain the breakdown of starches and sugars Breakdown in full of dextrinization process Shaping and finishing of the scone/ scone based pizza HW- Carbohydrates mini project.				
Assessment	Self/Peer assessment on set criteria	Self/Peer assessment on set criteria	Self/Peer assessment on set criteria	Teacher VF	Self/Peer assessment on set criteria	Self/Peer assessment on set criteria	

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Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Food Safety						
Core	<ul style="list-style-type: none"> What is. Food risk and bacteria Independently cook a Fruit crumble Development of a product to meet a brief Booksmart 			<ul style="list-style-type: none"> Understanding the development of apple pie Evaluating practical work developing a product (adaptions) Apple pie practical 		<ul style="list-style-type: none"> What are high risk foods Food poisoning 	
Challenge	3x challenge answers to bacteria's Developing flavour combinations Analysing the product and improvement on work HW- Intro to research project			Analyse a range of products and find pro/cons in them then state how you could improve theirs Layering and presentation HW- Food development in research project		Explain why high risk foods need to be handled in certain ways and compare to other food groups HW- Key words	
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	

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Eatwell Guide Part 2		Eatwell Guide Part 2	Eatwell Guide Part 2			
Core	<ul style="list-style-type: none"> Understanding what protein does to the body- Meat, fish, eggs and beans Chicken Goujons/ Mozzarella Goujons practical 		What is nutritional Analysis (Food fact of life nutrition program)	<ul style="list-style-type: none"> What is. Batch cooking Pasta ragu practical Issues that affect health and diet (nutritional requirements) 			
Challenge	Analysis of proteins and nutritional values HW- Eatwell guide design- protein	Combination of crumbs investigation HW- Eatwell guide design- protein	Breakdown of independent recipe and analysis HW- Analyse own recipe	Multi batch and systems Analyse and compare Mary Berry vs Jamie Oliver recipe Compare 3 different age groups and what requirements are HW- pasta ragu adaptation for dietary need			
Assessment	Self/Peer assessment on set criteria	Working safely with high risk food (following rules) Teacher VF	Self/Peer assessment on set criteria	Self/Peer assessment on set criteria	Batch cooking Teacher VF	Self/Peer assessment on set criteria	

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Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Eatwell Guide Part 2				Assessment		
Core	<ul style="list-style-type: none"> Adaptions to recipe, taste, aroma and diet. Taste testing of muffins. Breakfast muffins sweet/savoury practical Eatwell guide and the role it plays in our diets Product analysis of breakfast muffin/ packaging 				<ul style="list-style-type: none"> Own snack design for a teenager/ masterchef Own snack design for a teenager/ masterchef. Practical savoury 		
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 HW- Eatwell guide design- carbohydrates and fats				Apply previous lesson analysis to class and state benefits Presentation of food HW- Teenage diet profile		
Assessment	Self/Peer assessment on set criteria Ability to use own recipe and apply H&S				Analyse and development Teacher VF Assessment		

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Assessment		Development for Year 8				
Core	<ul style="list-style-type: none"> Own snack design for a teenager/ masterchef. Practical sweet Evaluation and feedback 		<ul style="list-style-type: none"> Mc Donald's development challenge Booksmart Great food Quiz of the Year Targets for year 8 				
Challenge	Presentation of food Explain improvements needed and how they would approach these HW- Evaluation of work against the brief		Create a nutrition label Beat the clock Aim for 3 challenge level tasks HW- Nutrition Breakdown of recipe				
Assessment	Teacher assessment Keyword Spelling		Teacher VF/ Responding to Feedback				