

Food Preparation and Nutrition Long Term Plan Year 7 2021-22

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 			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 Tomato sauce and pasta 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 				
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		

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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	Food Safety	Food Safety	Food Safety	Food Safety	Food Safety	
Core	14. Food risk and bacteria	15. Fruit crumble	16. Developing a product	17. Noodle salad Evaluating practical work developing a product (adaptions)	18. Noodle salad practical	19. High risk foods Food poisoning	
Challenge	3x advanced bacteria's	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 theirs	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	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	Eatwell Guide Part 2	Eatwell Guide Part 2	Eatwell Guide Part 2	
Core	Protein Meat, fish, eggs and beans	20. Chicken Goujons/ Mozzarella Goujons practical	21. Nutritional Analysis (Food fact of life nutrition program)	21. Batch cooking	22. Rainbow cookies practical	23. Issues that affect health and diet (nutritional requirements)	
Challenge	Analysis of proteins and nutritional values	Combination of crumbs investigation	Breakdown of independent recipe and analysis	Multi batch and systems	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	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	Eatwell Guide Part 2	Eatwell Guide Part 2	Eatwell Guide Part 2	Assessment	Assessment	
Core	25. <i>Adaptions to recipe, taste, aroma and diet. Taste testing of muffins.</i>	26. Breakfast muffins sweet/savoury practical	27. <i>Carbohydrates (simple and complex)</i>	28. <i>Product analysis of breakfast muffin/ packaging</i>	29. Own snack design for a teenager/ masterchef	31. Own snack design for a teenager/ masterchef. Practical	
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	Presentation of food	
Assessment	Self/Peer assessment on set criteria	Ability to use own recipe and apply H&S Teacher VF	Self/Peer assessment on set criteria	Self/Peer assessment on set criteria	Analyse and development Teacher VF	Assessment	

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Assessment	Assessment	Development for Year 8	Development for Year 8	Development for Year 8	Development for Year 8	
Core	31. Own snack design for a teenager/ masterchef. Practical	32. <i>Evaluation and feedback</i>	<i>Mc Donald's development challenge</i>	<i>Enrichment Week</i>	<i>Great food Quiz of the Year</i>	<i>Targets for year 8</i>	
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	Teacher assessment Keyword Spelling	Student assessment Keyword Quiz	Teacher VF Keyword Definitions	Student assessment Think like a designer	Student assessment Think like a designer	Teacher VF Responding to Feedback	