



Design and Technology department

Cooking and Nutrition Long Term Plan Year 7 1 lesson per week.

W/C	7 th September	11 th September	18 th September	25 th September	2 nd October	9 th October	16 th October	HALF TERM	2 nd November	6 th November	13 th November	
	1. Induction Introduction to Safety and hygiene in a food room Learning journey	1. Induction Introduction to Safety and hygiene in a food room Learning journey	2. Fruit kebabs baseline. Enzymic browning Acids Fruit identification	3. Safe use of knives Cutting skills	4. Knife skills practical Chopping sheet	5. Heat transference Convection, conduction and radiation	6. Sensory analysis of biscuits		7. Eatwell guide Diet and food choices	8. Tomato sauce and pasta practical	9. Cereals, starches	
W/C	20 th November	27 th November	4 th December	11 th December	CHRISTMAS	5 th January	8 th January	15 th January	22 nd January	29 th January	5 th February	HALF TERM
	10. Cheesy Scone practical	11. Scientific Language in Food (Dextrinization)	12. Scone based pizza Weighing and measuring	13. Dairy products (Christmas practical)		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	
W/C	20 th February	26 th February	5 th March	12 th March	19 th March	26 th March	EASTER	18 th April	23 rd April	30 th April	7 th May	
	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)		25. Adaptions to recipe, taste, aroma and diet. Taste testing of muffins.	26. Breakfast muffins sweet/savoury practical	27. Carbohydrates (simple and complex)	28. Product analysis of breakfast muffin/ packaging	
W/C	14 th May	21 st May	HALF TERM	5 th June	11 th June	18 th June	25 th June	2 nd July	9 th July			
	29. Own snack design for a teenager/ masterchef	30. Own snack design for a teenager/ masterchef		31. Own snack design for a teenager/ masterchef. Practical	32. Evaluation and feedback	Mc Donald's development challenge	Enrichment Week	Great food Quiz of the Year	Targets for year 8			