



Food Preparation and Nutrition Long Term Plan Year 7 2020/21

Temperance Term

W/C	7 September	14 September	21 September	28 September	5 October	12 October	19 October	Half term
Topic	H&S	H&S	H&S	H&S	H&S	H&S	Sensory Analysis	
Min 1 Task & Learning Journey & Plenary	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. Safe use of knives Cutting skills	3. Knife skills practical Chopping sheet	4. Fruit kebabs baseline. Enzymic browning Acids Fruit identification	5. Heat transference Convection, conduction and radiation	6. Sensory analysis of biscuits	
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	
Assessment & Homework		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	2 November	9 November	16 November	23 November	30 November	7 December	CHRISTMAS	
Topic	Eatwell Guide	Eatwell Guide	Eatwell Guide	Eatwell Guide	Eatwell Guide	Eatwell Guide		
Min 1 Task & Learning Journey	7. Eatwell guide Diet and food choices	8. Tomato sauce and pasta practical	9. Cereals, starches	10. Cheesy Scone practical	11. Scientific Language in Food (Dextrinization)	12. Scone based pizza Weighing and measuring		
Challenge	Nutritional breakdown of foods.	Flavourings and adaption of aroma	Explain the breakdown of starches and sugars	Shaping and finishing	Breakdown in full of dextrinization	Conversion of weights		
Assessment & Homework	Self/Peer assessment on set criteria	Creating basic dish and H&S. Teacher VF	Self/Peer assessment on set criteria	Shaping food accurately. Teacher VF	Self/Peer assessment on set criteria	Accurate weights and measurements. Teacher VF		



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Justice Term

W/C	4 January	11 January	18 January	25 January	1 February	8 February	HALF TERM
Topic	Food Safety	Food Safety	Food Safety	Food Safety	Food Safety	Food Safety	
Min 1 Task & Learning Journey	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 bacterias	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 & Homework	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	22 February	1 March	8 March	15 March	22 March	29 March	
Topic	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Eatwell Guide Pt 2	EASTER
Min 1 Task & Learning Journey	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			Analyse and compare Mary Berry vs Jamie Oliver recipe	Compare 3 different age groups and what requirements are	
Assessment & Homework	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	19 April	26 April	3 May	10 May	17 May	24 May	Half Term
Topic	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Assessment	Assessment	
Min 1 Task & Learning Journey	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	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 & Homework	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	7 June	14 June	21 June	28 June	5 July	12 July	Summer Holidays
Topic	Assessment	Assessment	Development for yr 8	Development for yr 8	Development for yr 8	Development for yr 8	
Min 1 Task & Learning Journey	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	
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 & Homework	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	