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| Subject Area : Cooking and Nutrition | |
| Year Group : 7 | Unit of Work : |
| Half Term : 1 | Skills:  Understand & apply principles of the Eatwell Guide  Understand & apply principles of the 8 Tips  Baseline test (also KA1)  Practical Skills:  FPT1 Smoothies – basic kitchen safety & organisation. Use of hand blende. FPT2 Fruit Salad – introduction to knife skills (bridge & claw grip) |
| Reasons behind order of topic in this half term | |
| Delivering baseline knowledge of healthy eating which underpins the KS3 programme of study.  Safety basics and knife handling basics. Ensuring everyone is working safely with a consistent message. | |

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| Subject Area : Cooking and Nutrition | |
| Year Group : 7 | Unit of Work : |
| Half Term : 2 | Skills :  Intro & Safety in the kitchen  The importance of Fruit & Veg and where it comes from  Knife Safety + Assessment  Practical Skills:  FPT3 Pizza Toast – knife skills, use of the grill  FPT4 Wedges – knife skills, use of the oven, setting the timer |
| Reasons behind order of topic in this half term | |
| Developing use of the knife with different products. Developing safe use of the oven in stages.  Testing the knowledge and practical ability to ensure all students are able to work safely and effectively. | |

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| Subject Area : Cooking and Nutrition | |
| Year Group : 7 | Unit of Work : |
| Half Term : 3 | Skills :  Understanding how to build a Balanced Plate  Cooker Safety + Assessment  Practical Skills:  FPT5 Weigh & Measure (Muffins) – weighing & measuring  FPT6 Muffins – use of the oven, setting the timer, portioning, independence |
| Reasons behind order of topic in this half term | |
| Building on healthy eating knowledge to understand how to apply this knowledge.  Adding to basic skills to include accurate us of the scales and ability to set the timer. Further practice setting the oven independently. | |

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| Subject Area : Cooking and Nutrition | |
| Year Group : 7 | Unit of Work : |
| Half Term : 4 | Skills :  Understanding Labelling  Create your own Product Label  Understanding Food Hygiene  Practical Skills:  FPT7 Nuggets – applying food safety rules  FPT8 Chicken Tikka Kebabs – applying food safety rules, independence |
| Reasons behind order of topic in this half term | |
| Exploring food safety principles by learning how to work safely with high risk foods (e.g. chicken) Developing understanding of how nutritional info is shared via labelling | |

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| Subject Area : Cooking and Nutrition | |
| Year Group : 7 | Unit of Work : |
| Half Term : 5 | Skills :  Exploring ethical food issues:   * Fairtrade Foods * Food Miles/ British/Seasonal * Animal Welfare * Organic Food   Practical Skills:  FPT9 Flapjack – use of hob and oven, independence  FPT10 Biscuits (weight & measure)- weighing & measuring task |
| Reasons behind order of topic in this half term | |
| Developing understanding of wider food issues such as ethical issues. Relating these to the products made e.g. Fairtrade flapjack, free range chicken nuggets, British/seasonal ingredients for super salads. Use of 2 parts of the oven in one practical. Further practical weighing & measuring. | |

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| Subject Area : Cooking and Nutrition | |
| Year Group : 7 | Unit of Work : |
| Half Term : 6 | Skills :  Demonstrating Healthy Eating Knowledge - Posters/leaflets  Super Salads Project – exploring how to construct a balanced meal (own design)  Practical Skills:  FPT11 Biscuits – portioning, use of oven, knowing when product is ready  FPT12 Super Salad (bring all from home)- correctly cooking carbohydrate, knife skills, presentation skills |
| Reasons behind order of topic in this half term | |
| Bring together all knowledge and skills from throughout the year to show understanding of healthy eating and to design & make a product which reflects this (super salads).  Demonstrate accurate cooking of carbohydrate and put together a product which is correctly cooked, nutritionally reflects the Eatwell guide, is colourful and well presented. Skills which are now forming the basis of what is expected at GCSE. | |