

Subject Area : Cooking and Nutrition	
Year Group : 7 Half Term : 1	Unit of Work : <u>Skills:</u> Understand & apply principles of the Eatwell Guide Understand & apply principles of the 8 Tips Baseline test (also KA1) <u>Practical Skills:</u> 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.	

Subject Area : Cooking and Nutrition	
Year Group : 7 Half Term : 2	Unit of Work : <u>Skills :</u> Intro & Safety in the kitchen The importance of Fruit & Veg and where it comes from Knife Safety + Assessment <u>Practical Skills:</u> 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.	

Subject Area : Cooking and Nutrition	
Year Group : 7 Half Term : 3	Unit of Work : <u>Skills :</u> Understanding how to build a Balanced Plate Cooker Safety + Assessment <u>Practical Skills:</u> 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 use of the scales and ability to set the timer. Further practice setting the oven independently.	

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Year Group : 7	Unit of Work :
Half Term : 4	<u>Skills :</u> Understanding Labelling Create your own Product Label Understanding Food Hygiene <u>Practical Skills:</u> 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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Year Group : 7	Unit of Work :
Half Term : 5	<u>Skills :</u> Exploring ethical food issues: <ul style="list-style-type: none"> <li>• Fairtrade Foods</li> <li>• Food Miles/ British/Seasonal</li> <li>• Animal Welfare</li> <li>• Organic Food</li> </ul> <u>Practical Skills:</u> 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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Year Group : 7	Unit of Work :
Half Term : 6	<u>Skills :</u> Demonstrating Healthy Eating Knowledge - Posters/leaflets Super Salads Project – exploring how to construct a balanced meal (own design) <u>Practical Skills:</u> 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.	