

Curriculum Map: Year 7 Food Preparation and Nutrition



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Topic	Love to lunch	Love to lunch	Love to lunch	Love to lunch	Love to lunch	Love to lunch
Intent	To engage and excite students in working with food and developing their cooking skills. Understand and apply safe working practices	Understand basic nutrition Practice basic cooking skills	Students to use knowledge and skills to select, plan and cook two dishes	To engage and excite students in working with food and developing their cooking skills. Understand and apply safe working practices	Understand basic nutrition Practice basic cooking skills	Students to use knowledge and skills to select, plan and cook two dishes
Key Knowledge	Hygiene and safety Personal hygiene The 4C's Identifying the different parts of the cooker Introduction to the Eatwell guide	Nutrition Nutrients and their function in the body Sources of the different nutrient	Nutrition Nutritional needs of children – research Adapting recipes	Hygiene and safety Personal hygiene The 4C's Identifying the different parts of the cooker Introduction to the Eatwell guide	Nutrition Nutrients and their function in the body Sources of the different nutrients	Nutrition Nutritional needs of children –research Adapting recipes
Key Skills	Cooking Skills Safety and use of equipment. Organisation and routines for cooking. Knife skills Using different parts of the cooker	Cooking Skills Safety and use of equipment. Knife skills Using different parts of the cooker	Cooking Skills Planning to make 2 recipes Safety and use of equipment. Organisation and routines for cooking. Consolidating knife skills	Cooking Skills Safety and use of equipment. Organisation and routines for cooking. Knife skills Using different parts of the cooker	Cooking Skills Safety and use of equipment. Knife skills Using different parts of the cooker	Cooking Skills Planning to make 2 recipes Safety and use of equipment. Organisation and routines for cooking. Consolidating knife skills
Key Vocabulary	Safety, claw grip, bridge hold, hob, grill, oven 4C's - clean, cook, cross contamination, chill	nutrients, protein fat, carbohydrate, vitamins, minerals, function, sources, nutrition	Safety, claw grip, bridge hold, dietary needs	Safety, claw grip, bridge hold, hob, grill, oven 4C's - clean, cook, cross contamination, chill	nutrients, protein fat, carbohydrate, vitamins, minerals, function, sources, nutrition	Safety, claw grip, bridge hold, dietary needs
Key Reading	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life
End Point	Students will understand the importance of food safety, know how to use a knife correctly and different parts of the cooker	Students will understand the importance of food safety, know how to use a knife correctly and different parts of the cooker	Apply K&U of nutrients to select and cook a dish of their choice	Students will understand the importance of food safety, know how to use a knife correctly and different parts of the cooker	Students will understand the importance of food safety, know how to use a knife correctly and different parts of the cooker	Apply K&U of nutrients to select and cook a dish of their choice

Form of Assessment	Food safety question	Multiple choice Questions	Assessed practical	Food safety question	Multiple choice Questions	Assessed practical
Enrichment Opportunities	Opportunities to experience working with new foods and equipment in specialist rooms with specialist teachers					
Leadership Opportunities	Opportunities to model and support other students in cooking sessions					