








YEAR 7 FOOD AND NUTRITION CURRICULUM OVERVIEW



Below is an overview of what the curriculum for Food and Nutrition will look like this year:

TERM ONE
KNOWLEDGE
<ul style="list-style-type: none"> • Hazards and safety • Tools and equipment • Introduction to heat transfer • Awareness of 5 nutrients (fat, carbohydrate, protein, vitamins, minerals) • Healthy Eating (Eatwell Guide, 8 Healthy Eating Guidelines) • Sensory analysis • Energy balance and obesity • Physical Activity Level (PAL) 
SKILLS
<ul style="list-style-type: none"> • Weighing / Measuring • Safe use of a knife - Bridge hold, Claw grip • Peeling • Grating • Layering • Safe use of the hob, oven and grill • Shallow frying • Rubbing in • Judge consistency • Finishing techniques – shaping • Finishing techniques – glazing • Rolling • Portioning 

TERM TWO
KNOWLEDGE
<ul style="list-style-type: none"> • Caught, reared, grown ingredients • Commodity: Fruit and vegetables • Seasonality and food miles • Enzymic browning • Starchy carbohydrates, sugar and fibre • Tooth decay • Water • Vitamins 
SKILLS
<ul style="list-style-type: none"> • Batter • Shallow frying • Safe use of the grill • Skewering • Marinating • Reduction saucemaking • Sequencing 
DEVELOPING PRIOR LEARNING
<ul style="list-style-type: none"> • Hob control • Safe use of oven and hob • Knife skills • Weighing / Measuring • Rolling • Portioning 

TERM THREE
KNOWLEDGE
<ul style="list-style-type: none"> • Introduction to yeast reproduction and the use of micro-organisms in food production • Minerals • Nutritional needs • 5 a day • Starchy carbohydrates 
SKILLS
<ul style="list-style-type: none"> • Breadmaking • Kneading • Meal planning to a context • Creaming cakemaking method • Finishing techniques 
DEVELOPING PRIOR LEARNING
<ul style="list-style-type: none"> • Rolling • Portioning • Hob control • Knife skills • Safe use of the oven and hob • Shallow frying • Reduction saucemaking • Sequencing 