



Curriculum Map: Year 7

Subject: Food technology (food and cooking)

This scheme of work has been developed to enable pupils to acquire a range of basic skills, which will become the foundation on which to build future learning, confidence and independence.

Topic	Key Knowledge <i>What will all students KNOW by the end of the topic?</i>	Key Skills <i>What key skills will be learnt/developed by the end of the topic? What will all students be able to DO by the end of the topic?</i>	Assessment Opportunities <i>What are the key pieces of assessment? How will students be assessed?</i>
Year 7 13 week carousel Health & Safety rules Induction Knife skills A balanced diet Starchy carbohydrates & fibre Sources of protein Boiling & draining hot liquid Melting method Whisking method Creativity & design Preparing raw meat Cooking on a budget How to cost a recipe How to evaluate own performance	Students will be able to:- Explain the layout of the food room and to recognise, name and locate the tools and equipment in the food room. Describe the expectations for working in the food room including food hygiene and safety practices. Describe how to evaluate the dishes that they have made using descriptive vocabulary. Explain where potatoes, bread, rice, pasta and other starchy carbohydrates come from and why they are important in the diet including fibre. Explain sources of protein from plants and animals. Explain how the “food pyramid” can help you to eat a balanced diet, and why we need to limit fats, sugar and salt. Calculate the cost with simple quantities. Read labels on food to check for allergens and to understand the traffic light system	Students will learn how to :- Stay safe in the kitchen Store food correctly Choose correct chopping board Wash up effectively Use knives & blades safely Peel and slice an onion Re-heat tinned food Bridge and claw knife hold Drain hot liquid Use a tin opener Use the hob and oven safely Melt and combine ingredients Use puff pastry Prepare raw chicken & Vegetables Stir fry Shape raw meat Check for doneness Use an electric whisk Crush biscuits Weigh and measure liquid and food Find prices of a number of ingredients	Practical sessions will be self-evaluation plus informal feedback from teacher and peers. There will be 2 practical sessions where a formal grade will be given: - Hot dogs with onions Pizza toast Rainbow pasta pots Chocolate crispy cakes Sausage mummies Chicken noodle stir fry (assessment) Oat biscuits Homemade cheeseburger Chicken curry Sausage rolls (assessment) Oreo cheesecake Homework- Induction quiz to check knowledge of health & safety in the kitchen (September) Written multi choice assessment on knowledge gained to date (October)

