

# Y7 ROADMAP – FOOD PREPARATION & NUTRITION

**Subject Aim:** Year 7 food preparation and nutrition is about building your confidence with cooking and food. You will develop and understanding of health and nutrition as well as the functions of the ingredients in food. You will learn how to work safely and independently as you create a range of sweet and savoury dishes.

<b>TERM 1</b>	<b>How do we work safely in the food room?</b>
	In this project you will learn the rules we need to follow to keep you safe when preparing and cooking food. You will be shown your practical cooking units and will learn how prepare and organise yourself and ingredients. You will be shown a range of ways to prepare vegetables and obtain your knife safety certificate before creating your own chopped salad.
<b>TERM 2</b>	<b>Why is it important to work hygienically?</b>
	Hygiene is an important part of cooking and preparing food. In this project you will explore how and why bacteria grow, and the precautions we can take to prevent this happening, such as cleaning and temperature control.
<b>TERM 3</b>	<b>What is healthy eating?</b>
	We all know that an apple is more healthy than chocolate cake, but what does it mean to be healthy and why is it important? In this unit you will learn about the Eatwell Guide which illustrates the different food groups needed for a healthy and balanced diet.
<b>TERM 4</b>	<b>How can we make recipes healthier?</b>
	As well as understanding how to follow a recipe to make a healthy meal, it is important that you are able to adapt and change recipes when you need to. In this unit you will learn how to adapt recipes to make them more nutritionally balanced, and also how to understand what packaging is telling you about pre-made food items so you can make informed choices.
<b>TERM 5</b>	<b>What is a food investigation?</b>
	In this project you will learn about how different biscuits are made, and how the different methods affect what they taste like. You will learn how to carry out sensory analysis, before making your own favourite biscuit.
<b>TERM 6</b>	<b>Where does our food come from?</b>
	In this project you will learn about food provenance, this means how food is grown, caught and reared before arriving in our shops and on our plates. You will learn how to cook dishes using a range of reared, grown and seasonal foods.



## ASSESSMENT

- In Food preparation and nutrition you will be assessed on 4 main areas; knowledge, food science, evaluation and your practical cooking skills.
- Preparing a range of dishes is a large part of the subject and you will be assessed on how you are able to plan and organise yourself when cooking, as well how you can use a range of equipment.
- During your lessons your teachers will assess your knowledge and understanding in a range of ways including retrieval tasks and '5 a day' quizzes..
- For each unit you will have an assessment which covers the key knowledge within each project as well as some longer questions where you can apply your understanding.



## INDEPENDENT LEARNING

- Knowledge Organisers are expected to be used weekly to support the learning and recap of key vocabulary as the course progresses.
- You will be expected to bring in your ingredients for all planned food practical lessons.
- There will be various independent learning challenges set each half-term which will allow you to develop your subject specialist skills as well as knowledge and understanding.



## ENRICHMENT

**What Next?** Year 8 builds on your foundation of skills in the kitchen and begins to introduce more complex skills and processes such as bread making and food science. You will develop your understanding of healthy eating by learning about nutrients and their role in the diet.