

The Year 7 curriculum is designed to impart basic knowledge in Cookery and Nutrition. This include learning how to prepare and cook food hygienically and safely; how to use key tools and equipment that are found in the domestic kitchen. Students are encourage to consider environmental factors and healthy eating guidance when making food choices. Students will develop basic cooking skills and techniques via a number of practical activities. Students are encouraged to adapt existing recipes, cook from scratch – skills that are necessary for the future.

HALF TERM 1and 4: The Basics	HALF TERM 2 and 5: The Basics	HALF TERM 3and 6: The Basics
<p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> • The importance of hygienic and safety working practises. • A range of tools and equipment and function. • Classifications of fruits and vegetables and the various ways they may be included in the diet to achieve the 5-day healthy eating guidance. • Apply cooking skills to prepare fruit and vegetable dishes. Skills include knife safety, chopping techniques, segmenting, shredding, grating and other methods of preparing ingredients; adapting recipes. • To be reflective learners by reviewing their learning. <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> • Written assessment • Informal assessment of the application of the theory knowledge in a practical setting. • Self assessment opportunities and informal verbal feedback. 	<p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> • How seasons affect the availability of food and the environmental issues associated with food production. • How to use a range of practical skills to enable them to make a range of deli salads. Skills progresses from those learnt in previous term including use of hob and grill, and small electric equipment, boiling, simmering, peeling, grating, dicing, presentation; adapting recipes. • To be reflective learners by reviewing their learning. <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> • Peer assessment • Self-assessment opportunities and informal verbal feedback. 	<p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> • What constitutes a healthy balanced diet; the message of the eatwell guide; use knowledge of the eatwell guide to analyse and evaluate recipes. • How to achieve health eating tips; apply knowledge in recipe modification activities. • Develop further practical skills progressing to using to oven. Skills include baking, rubbing-in, weighing, measuring, all-in-method of cake making; strategies to achieve a consistent batch of product. • To be reflective learners by reviewing their learning <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> • Written assessment on all topics • Formal practical assessment based on students' ability to independently produce a batch of quick breads whilst demonstrating hygiene, safety, weighing, measuring, use of oven, recipe modification in line with healthy eating guidance. • Self-review opportunities and informal verbal feedback.

Embedding this knowledge can be supported at home by: encouraging students to help in the preparation of family meals which includes getting them involved in washing of dishes. Familiarising students with how to use basic kitchen appliance e.g. a kettle and a toaster. Recipes are uploaded onto Teams at least a week in advance- Parents please encourage students to creatively adapt recipes and also familiarise themselves with the recipes before the day of the practical. Encourage students to use foodafactoflife.org.uk website to support the knowledge and understanding of topics covered in lessons including accessing healthy recipes that are fruit and vegetable based.