

SUNNYDOWN SCHOOL

FOOD & NUTRITION CURRICULUM PLAN



Subject	Food & Nutrition	Year group	Y7
Subject Intent	<p>Food & Nutrition is a creative and practical subject that has a strong focus on preparing, making, and presenting various food products. Through a variety of creative and practical topics, students are taught the knowledge, understanding and skills needed to engage in the process of following recipe instructions when preparing and making dishes. We build students' technical knowledge, ability to develop ideas, understanding of healthy eating and the Eatwell Guide, sustainability and food choices, and practical skills, as well as developing evaluative and reflective qualities. Students will become familiar with working safely in our specialist kitchen area. By the end of Year 7 students will have gained experience of working with a number of different ingredients and gained experience of some valuable basic cooking skills.</p>		

Term	Topic	Core learning	Key concepts	Sequencing
Autumn 1	<p>Hygiene & safety when preparing & cooking food</p> <p>Introduction to The Eatwell Guide</p>	<p>Technical knowledge: Understanding hazard, risk and control methods. Weights and measurements, recognition of tools and the Eatwell Guide.</p> <p>Practical Skills: Health and safety in the kitchen, weighing, measuring, knife grips</p> <p>Idea Development: Students will be encouraged to suggest their ideas of the jobs for each piece of equipment in the food room.</p> <p>Evaluation: Develop food vocabulary by naming tools and describing their uses.</p>	<ul style="list-style-type: none"> ● Hygiene ● Safety ● Cross contamination ● Health ● Grams ● Weighing scales ● Equipment ● Ingredients ● Instructions ● Bridge grip ● Claw grip ● Eatwell Guide ● Food groups 	<p>Building on..... Students may have engaged in some methods of cooking at home and/or at primary school. This provides a hook to engage students in more formal learning about food preparation and cooking and develops their understanding of the health and safety requirements. They will be introduced to the Eatwell Guide and the food groups within it.</p> <p>Building towards... Safe working conditions in a cooking environment. Understanding the hygiene and safety rules and tool recognition.</p>
Autumn 2	Breakfast and	Technical knowledge: Understanding hazard, risk and	<ul style="list-style-type: none"> ● Carbohydrates 	Building on.....

	<p>lunch options</p> <p>Energy and nutrients</p>	<p>control methods. Energy and nutrients, micro & macronutrients and using a grill and hob safely.</p> <p>Practical Skills: Health and safety in the kitchen, spreading, bridge and claw grips, slicing, grating, heating and grilling.</p> <p>Idea Development: Flavour combinations and design development, creating their own nutritional sandwiches and wraps based on previous knowledge gained of the food groups.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work.</p>	<ul style="list-style-type: none"> ● Protein ● Saturated fats ● Unsaturated fats ● Vitamins ● Minerals ● Dairy ● Micronutrients ● Macronutrients ● Slicing ● Bridge grip ● Claw grip ● Grating ● Grilling ● Evaluate ● Analyse 	<p>Students will continue to develop their health and safety practices within the kitchen environment. They will also practice their knife skills with repetition of techniques and be introduced to the safe use of a grill.</p> <p>Building towards... Students will become more confident when using a grill and sharp knives. They will also develop their understanding of the food groups and the nutrients provided by the foods they consume.</p>
<p>Spring 1</p>	<p>Knife skills</p> <p>Seasonality</p>	<p>Technical knowledge: Understanding hazard, risk and control methods. Safely using knives. The seasons and their impact on food production.</p> <p>Practical Skills: Health and safety in the kitchen, claw & bridge grips, chopping, dicing, slicing, measuring, mixing and grating.</p> <p>Idea Development: Understanding of the food groups and how adding additional ingredients to a dish can increase nutritional value.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work.</p>	<ul style="list-style-type: none"> ● Food miles ● Transportation ● Environmental impact ● Availability ● Local produce ● Measuring ● Grating ● Peeling ● Chopping ● Slicing ● Dicing ● Mixing ● Bridge grip ● Claw grip ● Analyse ● Evaluate 	<p>Building on..... Students will be introduced to seasonal foods and the economical and environmental impacts of importing foods from around the world. Students will develop their understanding of knife safety in the kitchen.</p> <p>Building towards... Students gain a foundational knowledge of nutrition, healthy eating and where their food comes from, which they build on each year through KS3.</p>
<p>Spring 2</p>	<p>The rubbing in technique</p> <p>Food labels and choices</p>	<p>Technical knowledge: Understanding hazard, risk and control methods. Legal requirements for food labelling. Safe use of the oven.</p> <p>Practical Skills: Health and safety in the kitchen,</p>	<ul style="list-style-type: none"> ● Weighing ● Measuring ● Rubbing in ● Coring ● Peeling 	<p>Building on..... Students will be introduced to the rubbing in technique to make pastry .The skills gained when rolling and cutting out pastry, will be developed</p>

		<p>measuring, rubbing in, grating, mixing, rolling, shaping, cutting, dividing evenly and baking.</p> <p>Idea Development: Flavour development with the opportunity of creating different flavoured jam tarts.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work and the work of their peers, giving constructive and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Slicing ● Legal requirements ● Food Standards Agency ● Traffic Light Labelling ● Special symbols ● Grating ● Rolling ● Shaping ● Mixing ● Presentation ● Baking ● Analyse ● Evaluate 	<p>further during KS3. Students gain some basic knowledge on what influences our food choices.</p> <p>Building towards... Students develop a greater understanding of the various techniques which can be used in baking. The foundational knowledge gained of the influences on food choices due to external factors will be developed further as the students move through KS3.</p>
<p>Summer 1</p>	<p>The creaming technique</p> <p>Fairtrade and sustainability</p>	<p>Technical knowledge: Fairtrade, sustainability and food economy. Weights and measurements and safe use of the oven.</p> <p>Practical Skills: Health and safety in the kitchen, sieving, creaming, mixing, dividing evenly, shaping and baking.</p> <p>Idea Development: Flavour and recipe development, there will be the opportunity to make adaptations to a shortbread recipe by adding flavours and changing shapes.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work and the work of their peers, giving constructive and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Fairtrade ● Sustainability ● Religion ● Culture ● Allergies ● Intolerance ● Economies ● Measuring ● Weighing ● Sieving ● Creaming ● Mixing ● Dividing evenly ● Shaping ● Baking ● Presentation ● Analyse ● Evaluate 	<p>Building on..... Students will develop their weighing and measuring skills and practise their cookie making skills with repetition of techniques. They will gain some basic knowledge of sustainable farming methods, economy around food production, environmental impact and Fairtrade.</p> <p>Building towards... Students develop a greater understanding of the various techniques which can be used in baking. The foundational knowledge gained of sustainable farming and fairtrade will be developed further as the students move through KS3.</p>
<p>Summer 2</p>	<p>Cake making techniques</p>	<p>Technical knowledge: Understanding hazard, risk and control methods. Volumes and weights and safe use of the hob and oven.</p> <p>Practical Skills: Health and safety in the kitchen, sieving,</p>	<ul style="list-style-type: none"> ● Rubbing in ● Creaming ● Melting ● All in one ● Weighing 	<p>Building on..... Students develop a greater understanding of the various techniques which can be used in baking.</p>

		<p>creaming, melting, mixing, dividing evenly and baking.</p> <p>Idea Development: Design development, being innovative with cupcake decoration ideas to enhance presentation.</p> <p>Evaluation: Develop food vocabulary by tasting and analysing their own work and the work of their peers, giving constructive and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Measuring ● Sieving ● Aerating ● Mixing ● Dividing evenly ● Decoration ● Presentation ● Baking ● Nutritional value ● Analyse ● Evaluate 	<p>Building towards...</p> <p>The foundational skills and knowledge gained during the year are aimed at building student confidence and in preparation to complete more complex dishes later in KS3.</p>
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