

## Year 7 Big Picture – Food

### Overview for Year 7

The beginning of an adventure into the world of food.

The unit plan for Year 7 has been developed to enable pupils to acquire a range of food skills. The practical lessons are progressional increasing in complexity and accuracy, to cook a range of dishes, use equipment safely and hygienically, and to apply their knowledge of nutrition. The unit plan will give students confidence in cooking for themselves & adapting recipes to fit their own personal dietary requirements as well as other medical and religious dietary needs. Students are taught how to make a range of products linked to the sections of the Eatwell Guide that is being studied and how the Eatwell Guide can be used to follow a healthy balanced diet. In year 7 students will look at carbohydrates, dietary fibre, vitamins, the function of sugar in the body & it's uses in food.

Pupils will:

- recall and apply the principles of *The Eatwell guide* and the 8 tips for healthy eating, to their own diet.
- discuss energy and how needs change through life.
- name the key nutrients, sources and functions.
- acquire and demonstrate a range of food skills and techniques.
- adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.
- acquire and demonstrate the principles of food hygiene and safety.
- identify how and why people make different food and drink choices.
- apply and consolidate their literacy and numeracy skills by using them purposefully in real-life scenarios.

### Aims

- Pupils will develop their knowledge and understanding of ingredients and healthy eating.
- Pupils will develop their knowledge food provenance.
- Pupils will acquire and demonstrate food preparation and cooking techniques.
- Pupils will acquire and demonstrate the principles of food hygiene and safety.
- Pupils will develop their knowledge of consumer food and drink choice.
- Pupils will apply their knowledge to make informed choices.
- Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently.
- Pupils will build and apply a repertoire of knowledge, understanding and skills in order to create high quality dishes for a wide range of people.
- Pupils will evaluate their ideas

### Prior learning

Pupils will build on their learning in Key Stage 2 Design and Technology: knowledge and skills include:

use of basic equipment and tools, basic practical skills, origin and simple functions of ingredients, healthy eating and *The Eatwell Guide*, food choice.

knowledge, understanding and skills needed to engage in an iterative process of designing and making in a range of contexts, such as the home, school and culture.

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• At KS3 students rotate after ½ term 3      Monday 1<sup>st</sup> September 2025 Inset Staff Only      Tuesday 2nd September 2025 Year 7 only

<p><i>Autumn 01 2025 Weeks 1 – 8 (8 weeks) Monday 27th October - Friday 31st October - HALF TERM</i></p>	<p><i>Autumn 02 2025 Weeks 9 – 15 (7 weeks) Monday 22nd December - Friday 2nd January - CHRISTMAS HOLIDAY</i></p>	<p><i>Spring 01 2026 Week 16- 22 (6 weeks) Monday 16th February - Friday 20th February - HALF TERM</i></p>
<p><b>Content</b></p> <p>All students will complete a baseline assessment in food.</p> <p>Basic food safety &amp; hygiene including hazards and prevention</p> <p>How the Eatwell Guide can be used to follow a healthy balanced diet.</p> <p><b><u>Practical's and skills</u></b></p> <p>Food preparation and cooking. Using Equipment correctly and Safely – Main oven, Grill, weighing and measuring, washing up.</p> <ul style="list-style-type: none"> <li>▪ <b>Pizza toast</b> – grating, grilling, slicing, dicing. <b>knife skills assessment.</b></li> <li>▪ <b>Fresh fruit salad</b> – Peeling, coring, slicing, dicing,</li> <li>▪ <b>Apple crumble</b> – baking, peeling, rubbing in, coring, de seeding. <b>cooker safety assessment.</b></li> <li>▪ <b>Flapjack</b> – combining, melting and baking, weighing and measuring, washing up, using a hob.</li> <li>▪ <b>Fake away KFC Chicken</b> – greasing, coating, seasoning, baking</li> </ul>	<p><b>Content</b></p> <p>Hygiene and Safety</p> <p>Eatwell Guide and Nutrients - focus on micronutrients vitamins, macronutrient-carbohydrate sugar and fibre</p> <p><b><u>Practical's and skills</u></b></p> <ul style="list-style-type: none"> <li>▪ <b>Marble pear traybake</b> – Weighing, Measuring, Peeling, Coring, Creaming, Marbling, Slicing, Dicing, Baking, Enzymic browning.</li> <li>▪ <b>Vegetable Samosas</b> – seasoning, peeling, slicing, dicing, shaping and rolling.</li> <li>▪ <b>Beef burger-</b> Binding, Shaping, Seasoning, Blitzing, Garnishing, Melting, Greasing, Baking, Garnishing</li> <li>▪ <b>Christmas practical</b></li> </ul> <p>Cultural capital - teamwork, individual and independent work during practical lessons.</p> <p>Being able to identify the good and bad carbohydrates when cooking dishes</p>	<p><b>Content</b></p> <p>Hygiene and Safety</p> <p>Medical and religious diets</p> <p>Food miles and impact on the environment</p> <p>Big Test and intervention</p> <p><b><u>Practical's and skills</u></b></p> <ul style="list-style-type: none"> <li>▪ <b>Banana Muffins</b> – melting, weighing, measuring, mashing, sieving, portioning, baking</li> <li>▪ <b>Victoria Sponge cake</b> – Creaming, Greasing, Lining, Whisking, Weighing, Sieving, All in one, Baking.</li> <li>▪ <b>Jamaican Jerk Chicken rice and peas</b> – Juicing, Blending, Seasoning, Slicing, Draining, Rinsing, Steaming, Baking.</li> </ul> <p>Cultural capital - teamwork, individual and independent work during practical lessons.</p> <p>Reading and following recipes</p>

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<p>Cultural capital - teamwork, individual and independent work during practical lessons.</p> <p>Being able to identify hazards in a kitchen setting and know how to prevent them.</p> <p>Knowing how to work safely in a kitchen.</p> <p>Able to identify healthier ingredients when cooking.</p> <p>Using subject specific vocabulary</p> <p>Reading and following recipes</p>	<p>Reading and following recipes</p>	
<p><b>Assessment Objectives</b> Subject Baseline Tests lesson 1 This is the knowledge, application and skills assessed by the knife <b>skills assessment</b>– progress check. cooker <b>safety assessment</b>– progress check. Apple crumble assessment <b>Mini Test</b> - Food Safety, Cooking Methods, Weighing, measuring and Equipment – progress check. Hygiene and Safety Nutrition Healthy Eating Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better. <b>Data capture: ATL</b> <b>Deadline: 20/09</b></p>	<p><b>Assessment Objectives</b> This is the knowledge, application and skills assessed by the <b>Mini Test 2:</b> Food Safety and Food Nutrition Progress check Equipment Safety and Hygiene Nutrients – Vitamins, Carbohydrates and Fibre Healthy Eating Practical skill knowledge Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better. <b>Data capture: ATL</b> <b>Deadline: 02/12</b></p>	<p><b>Assessment Objectives</b> This is the knowledge, application and skills assessed by the <b>Mini Test 3:</b> Carbohydrates - Progress check and <b>PPE1</b> Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better. <b>Data capture: PPE 1 &amp; ATL</b> <b>Deadline: 10/02</b></p>
<p><b>Spring 02 -2026</b> <b>Weeks 25 – 29 (5 weeks)</b> <b>Monday 6th April - Monday 17th April - EASTER HOLIDAY</b></p>	<p><b>Summer 01 - 2026</b> <b>Weeks 30 – 34 (5 weeks)</b> <b>Monday 25th May - Friday 29th May - HALF TERM-WHIT</b></p>	<p><b>Summer 02 2026</b> <b>Weeks 35 – 42 (8 weeks)</b></p>

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<p>Able to identify healthier ingredients when cooking.</p> <p>Using subject specific vocabulary</p> <p>Reading and following recipes</p>		
<p><b>Assessment Objectives</b>  Subject Baseline Tests lesson 1  This is the knowledge, application and skills assessed by the knife <b>skills assessment</b>– progress check.  cooker safety assessment– progress check.  Apple crumble assessment  <b>Mini Test</b> - Food Safety, Cooking Methods, Weighing, measuring and Equipment – progress check  Hygiene and Safety  Nutrition  Healthy Eating  Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better.  <b>Data capture: ATL</b>  <b>Deadline: 24/03</b></p>	<p><b>Assessment Objectives</b>  This is the knowledge, application and skills assessed by the <b>Mini Test 2:</b> Food Safety and Food Nutrition Progress check  Equipment  Safety and Hygiene  Nutrients – Vitamins, Carbohydrates and Fibre  Healthy Eating  Practical skill knowledge  Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better.  <b>Data capture: ATL</b>  <b>Deadline: 19/05</b></p>	<p><b>Assessment Objectives</b>  This is the knowledge, application and skills assessed by the <b>Mini Test 3:</b> Carbohydrates - Progress check and <b>PPE2</b>  Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions, so students perform better.  <b>Data capture: ATL &amp; PPE2</b>  <b>Deadline: 07/07</b></p>