

Subject: Food and Nutrition

Year 7

Term	Topic	Content/Assessments	Home learning opportunities
1a	Hygiene and safety in the Kitchen.	Food Inspector checklist. Rules and hazards in the Kitchen. Safety practical assessment – Making a hot drink. Identify what the 4C's represent in food safety and apply the rules to real life scenarios.	4C's Poster
1b	Food science	Experiment to find out which fruits change colour and how to prevent fruit browning. Apple tasting and sensory analysis – extended writing assessment. Fruit salad practical to assess organization, teamwork and knife skills.	Organisation – selecting and buying ingredients. Key words / Key terms spelling test.
Christmas Holidays			
2a	5 a day campaign.	Research and learn about the 5 a day campaign and the benefits of fruit and vegetables. Numeracy activity – look at what constitutes a portion of fruit and vegetables. Nutritional labels - Compare fresh and tinned soup. Extended writing task. Group soup practical assessment – Using the hob safely and effective teamwork.	Organisation and communication skills– selecting and buying ingredients. Research different varieties of soup.
2b	Oven safety, weighing and measuring.	Label the different parts of the cooker. Explain how to use the oven safely. Practical task – weigh out ingredients using the tablespoon method. Check weights using the digital scales. Numeracy questions linked to weighing and measuring. Cake practical – 2 part lesson.	Organisation – selecting and buying ingredients. Weigh and measure ingredients at home. Key words / Key terms spelling test.
Easter Holidays			
3a	History of Pizza and how pizza is created.	Watch a pizza documentary to learn about the history of Pizza. Q&A to develop professional voice and note taking skills. Extended writing task linked to the documentary. Pizza tasting and re-cap sensory analysis.	Key words / Key terms spelling test.
3b	Pizza making methods.	Bread based pizza practical to assess knife and oven skills.	Weigh and measure ingredients at home.

		Scone base Pizza practical (2 part lesson.) To assess independent learning through following a recipe. Pizza packaging and nutritional labels.	Organisation – selecting and buying ingredients.
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Year 8

Term	Topic	Content/Assessments	Home learning opportunities
1a	Eat well plate and healthy lifestyle.	Safety practical assessment – Creating a sandwich to assess organisation, team work and safety. Re-cap 4C'S. Find out about the eat well plate - individual and group tasks. Research the benefits of using the eat well plate. Identify and discuss the main essential nutrients needed for a healthy lifestyle. Unusual Fruit tasting and sensory analysis – Investigate the nutritional benefits of specific fruits. 5 fruit salad - Practical lesson focusing on safe knife skills.	Organisation – selecting and buying ingredients. Key words / Key terms spelling test.
1b	Health and Nutrition	Discuss previous knowledge of why breakfast is so important. Whole class survey on what they eat for breakfast Group research on healthy breakfast choices for student in school. Breakfast egg muffins - Practical lesson focusing on independent work and oven safety	Organisation – selecting and buying ingredients. Multiple choice questions about the eat well plate and nutrition on show my homework.
Christmas Holidays			
2a	Health and Nutrition	Think-pair-share activity – benefits of fruits and vegetables. Compare and contrast activity looking at different diets. Extended writing task. Learn why fruits and vegetables are ACE. Colourful coleslaw – Practical lesson focusing on independent work and flavour combinations. Develop and improve safe knife and grating skills.	Organisation and communication skills– selecting and buying ingredients. Weekly food diary task.
2b	Asian Cuisine	Group discussion about countries in Asia. Research signature dishes from India, China and Japan.	Organisation – selecting and buying ingredients.

		<p>Using different sources research and find out clear facts about Asian cuisine. What makes it so healthy?</p> <p>Asian spring rolls - practical lesson focusing on safe oven skills and developing rolling techniques.</p> <p>Healthy Pot noodle – practical lesson focusing on flavour combinations.</p>	Key words / Key terms spelling test.
Easter Holidays			
3a	Pasta research and recipes	<p>Research and find out how fresh pasta is created</p> <p>Cous cous practical – To develop presentation skills through choice of colourful ingredients. Accuracy of cutting ingredients.</p>	<p>Organisation – selecting and buying ingredients.</p> <p>Key words / Key terms spelling test.</p>
3b	Pasta research and recipes	<p>The benefits of eating pasta, ICT extended writing task.</p> <p>Tomato and vegetable pasta sauce practical – Group task to develop hob safety, knife skills, sauce making and flavour combinations.</p>	<p>Find out about ready-made pasta sauces available in the supermarkets.</p> <p>Organisation – selecting and buying ingredients.</p>

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Year 9 – Students have 1 lesson a fortnight of food and nutrition

Term	Topic	Content/Assessments	Home learning opportunities
1a	Re-cap safety in the kitchen and how to prevent hazards.	<p>Identify hazards in the kitchen and explain how they could be prevented.</p> <p>Explain how to use different pieces of equipment safely.</p> <p>Safety practical assessment – Creating a batch of savoury scones using the rub-in method.</p> <p>Evaluation of practical and identify areas to improve.</p>	Organisation – selecting and buying ingredients.
1b	Commodity – Cereals (Wheat)	<p>Research the process of making flour.</p> <p>Describe the process of bread making.</p> <p>Practical demonstration of bread making showing mixing, kneading and shaping skills.</p>	Key words / Key terms spelling test.
Christmas Holidays			

2a	Bread-making	<p>Write a step by step action plan for bread-making.</p> <p>Bread shapes and designs.</p> <p>Practical task to create a variety of shaped bread rolls to demonstrate mixing, kneading and shaping skills.</p> <p>Evaluation of practical and identify areas to improve.</p>	Research varieties of bread available in the shops.
2b	Bread research and varieties.	<p>Research the history of bread and different varieties available around the World.</p> <p>Taste test of shop bought bread and sensory analysis.</p> <p>Written task to analyse different bread varieties.</p>	Key words / Key terms spelling test.
Easter Holidays			
3a	Bread making incorporating savoury flavours.	<p>Create innovative design ideas for a garlic and herb flavoured bread.</p> <p>Consider how to enclose, incorporate and layer the herbs and garlic.</p> <p>Practical task to create a flavoured bread product.</p> <p>Assessment of bread product linking it to the design in student books.</p>	Organisation – selecting and buying ingredients.
3b	Experiment with flavour combinations linking to different cuisines	<p>Create mind maps investigating traditional ingredients and flavours used in British, Mediterranean and Mexican cuisine.</p> <p>Extended writing task linked to mind maps.</p> <p>Demonstration and taste test of savoury wrap practical.</p> <p>Savoury wrap practical using individual flavour combinations.</p>	Organisation – selecting and buying ingredients