

Food Unit Overview Year 7

Key Stage 3 Food and Textiles - Year 7 Food Unit

Key stage 3 National Curriculum

- Understand and apply the principles of nutrition and health
- Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- Understand the source, seasonality and characteristics of a broad range of ingredient.

Half year unit taught either September to February or February to July.

NHS Project. An introduction to Food Preparation and Nutrition. Food Safety and Hygiene.

- Understanding why we cook food and food safety.
- Where Food Comes From and Factors that Affect Food Choice
- Understand the source, seasonality and characteristics of a broad range of ingredients.
- Understand the factors that affect food choice, including environmental and ethical reasons.

What are we learning?	What knowledge, understanding and skills will we gain?	Evaluation And assessment	Implementation	What additional resources are available?
Kitchen hygiene and safety	Knowledge - Hair, hands, apron, anti-bacterial spray; Meat hygiene Understanding – Chefs minimise contamination risks Skills - Prepare self and work area; prevent cross contamination	Students independently maintain hygiene and safety when carrying out practical work	No NC prescribed content at KS2. Students now take on considerations for Health and Safety	Fully equipped kitchens with gas and electric cookers. Drawer and cupboard equipment for 18 students.
Room routines	Knowledge - equipment and ingredients storage, chefs' cupboards	Students independently store ingredients	No NC prescribed content at KS2 Students now take on considerations for room routines	

	<p>Understanding – Chefs organise kitchens for efficiency and safety</p> <p>Skills - Manage the storage of ingredients and completed dishes, maintain kitchen and equipment</p>	<p>and completed dishes safely/ hygienically.</p> <p>Students maintain</p>		<p>Spare equipment.</p> <p>Additional specialist equipment including blenders and food processors.</p> <p>Food storage (dry storage and cold storage)</p> <p>Stock ingredients to cover students' losses and omissions.</p> <p>Non-cooker worksheets.</p> <p>Year 7 recipes sheet.</p> <p>PowerPoint guides.</p> <p>Room safety displays.</p> <p>Planning pro formas.</p> <p>Hand washing and anti-bacterial supplies.</p>
Techniques	<p>Knowledge - Knife skills, cooker control, weighing and measuring</p> <p>Understanding – Chefs use knives correctly to prevent injury and ensure accuracy when cutting; measures affect outcomes</p> <p>Skills - Use bridge hold and claw grip; measure accurately and accept reasonable tolerances</p>	<p>Students apply techniques correctly in independent practical work</p>	<p>At KS2, students have prepared and cooked a variety of predominantly savoury dishes using a range of cooking techniques</p>	
Design – selecting ingredients and processes	<p>Knowledge - sketching, labelling, choosing ingredients. Nutritional groups: carbohydrates, proteins, fats, vitamins, minerals</p> <p>Understanding – Chefs select ingredients for colour, taste and texture; and also to provide a balance of nutrients</p> <p>Skills - select ingredients/ record ideas with words and pictures</p>	<p>Students produce dishes based on the demonstrations and guidance, but adapted to appeal and to provide nutrition</p>	<p>At KS2, students have understood and applied the principles of a healthy and varied diet. Now they select ingredients for appeal and nutrition.</p>	
Planning	<p>Knowledge - ingredients, equipment, and processes</p> <p>Understanding – Chefs plan ahead to make resources available, and to carry out the correct processes</p> <p>Skills - write and follow own plans</p>	<p>Students use planning to inform activities in practical lessons</p>	<p>At KS2, students have selected ingredients and equipment.</p> <p>Now they select and describe processes</p>	