

Temperance Term

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Topic	Introduction to cooking and nutrition – Working safely in the kitchen and maintaining a healthy, balanced diet							
Challenge Objective and Content (for all learners)	<p>1. What does a safe kitchen look like?</p> <p>Understand the potential hazards in a kitchen</p> <p style="text-align: center;">Baseline assessment</p> <p>2. FPT - Knife skills- Baseline assessment</p> <p>CQ: How do I use equipment safely? Develop and demonstrate knife skills</p>	<p>3. Why is it important to weigh and measure accurately?</p> <p>Demonstrate how to follow a recipe accurately</p> <p style="text-align: center;">4. FPT - Fork biscuits</p> <p>CQ: How do I use an oven safely?</p> <p>Learn how to operate and use the oven safely</p>	<p>5. CQ: How is equipment used safely?</p> <p>Identify the parts of the cooker</p> <p>Learn how to operate and use the oven safely (Cont.)</p> <p style="text-align: center;">6. FPT Cheese scones</p> <p>CQ: Why is accuracy important in Food and nutrition lessons?</p> <p>To use the rubbing in method</p>	<p>7. CQ: What is the Eatwell Guide?</p> <p>To identify the basic principles of a healthy diet, energy needs and that some people have special dietary needs</p> <p style="text-align: center;">8. FPT Sweet or savoury crumble</p> <p>CQ: How can dishes be adapted to meet the Eatwell guide?</p> <p>Recall and demonstrate the use of the rubbing in method</p>				
Inspire Opportunities	IQ: Why is following a recipe important?	IQ: How can we stay safe and clean in a kitchen? Why is it important to be hygienic?	IQ: What makes a healthy diet?	IQ: What are special dietary needs?				
Assessment Opportunities	<p>Baseline Test (start of year 7) to test prior knowledge of Food & Nutrition.</p> <p>Practical baseline – Teacher assessed.</p>	<p>Self-evaluation of practical learning. Ability to follow basic recipe. Teacher VF</p>	<p>Teacher VF/ Responding to Feedback. Self-Assessment (SA) of practical</p>	<p>Self-evaluation of practical learning, with teacher written feedback.</p>				

HALF TERM

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Topic	Introduction to cooking and nutrition – Working safely in the kitchen and maintaining a healthy, balanced diet					

**CHRIS
TMAS**

Food and Nutrition Learning Journey Year 7

Challenge Objective and Content (for all learners)	<p>1. Where does energy come from?</p> <p>Carbohydrates, fat and sugar</p> <p>2. FPT –Shortbread</p> <p>CQ: Can I follow a recipe accurately?</p>	<p>1. What is high risk food?</p> <p>Bacteria and food safety</p> <p>2. FPT - Chicken Goujons</p> <p>CQ: How do I prevent food poisoning?</p>	<p>1. Why is it important to taste food?</p> <p>Sensory analysis and evaluating dishes</p> <p>2. FPT – Sensory analysis- Tasting</p> <p>CQ: How do I complete a sensory analysis?</p>	
Inspire Opportunities	<p>IQ: How does energy deficiency/ excess affect the body?</p>	<p>IQ: What measures do food outlets have to put in place to prevent cross contamination?</p>	<p>IQ: How are products analysed in the food industry?</p>	
Assessment Opportunities	<p>Self-evaluation of practical against recipe guidance</p>	<p>PA: Peer assessment of food safety. Teacher VF/ Responding to Feedback. Self-Assessment (SA) of practical</p>	<p>Teacher Assessment (TA) Summative assessment of End of term Quiz</p>	

Justice Term

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	HALF TERM
Topic	Dietary needs and special diets Macronutrients: Carbohydrates, Protein and Fat						
Challenge Objective and Content (for all learners)	1. Where does pasta come from? Cereals, potatoes, rice- Starchy foods 2. FPT – Pasta ragu CQ: How do I use the hob safely?	1. Where does rice come from? Growing and harvesting of grains 2. FPT - Savoury rice	1. What role does sugar have in the diet? 2. FPT – Dutch apple cake / Pear marble cake CQ: What do raising agents do?				
Inspire Opportunities	IQ: What is fibre?		IQ: How can rice, wheat, cereal and potatoes be farmed sustainably?		IQ: What is fairtrade?		
Assessment Opportunities	Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical		Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical		Teacher VF/ Responding to Feedback . Self-Assessment (SA) of practical		

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	EASTER
Topic	Dietary needs and special diets Macronutrients: Carbohydrates, Protein and Fat						

Food and Nutrition Learning Journey Year 7

Challenge Objective and Content (for all learners)	<p>1. How does bread rise?</p> <p>Understand gluten formation</p> <p>2. FPT – Bread rolls</p>	<p>1. How can the nutritional content of a dish improved?</p> <p>Design a pizza, adding vitamins and mineral, fibre, etc.</p> <p>2. FPT – Pizza</p>	<p>1. What have I learned this term?</p> <p>Revision and Assessment</p>	
Inspire Opportunities	<p>IQ: How do I explain the science of budding?</p>	<p>IQ: How do chefs make food appealing and healthy?</p>		
Assessment Opportunities	<p>Teacher VF/ Responding to Feedback</p>	<p>Teacher VF/ Responding to Feedback Self-Assessment (SA) of pizza</p>	<p>Self-Assessment (SA), Teacher Assessment (TA) Summative assessment</p>	

Courage Term

	Week 1	Week 2	Week 3	Week 4	Week 5	HALF TERM
Topic	Food science and Food Provenance Cooking methods, Micronutrients					
Challenge Objective and Content (for all learners)	1. How does a sauce thicken? Understand starch and gelatinisation 2. FPT - Macaroni cheese	1. What factors affect food choice? Diet, religion culture. 2. FPT - Thai Curry	1. What are micronutrients? Micronutrients research project			
Inspire Opportunities	IQ: What other foods are gels?		IQ: How does lifestyle and income affect food choice?		IQ: What happens if someone is vitamin deficient?	
Assessment Opportunities	Teacher VF/ <i>Responding to Feedback</i>		Teacher VF/ <i>Responding to Feedback</i>		Teacher TA assessment of research	

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	SUMME
Topic	Food science and Food Provenance Cooking methods, Micronutrients						

Food and Nutrition Learning Journey Year 7

Challenge Objective and Content (for all learners)	<p>2. FPT - Planning for free cook</p> <p>CQ: What progress have I made in year 7?</p>	<p>Free cook planning</p> <p>1. CQ: What progress have I made in year 7?</p> <p>2. FPT – Free cook</p>	<p>1. How do I evaluate my practical work</p> <p>2. Assessment and feedback</p>	
Inspire Opportunities	<p>IQ: Can I challenge myself?</p>	<p>IQ: How do I apply all the knowledge I have covered this year?</p>	<p>IQ: How will I continue to make progress in year 8?</p>	
Assessment Opportunities	<p>Teacher VF/ <i>Responding to Feedback</i>. PA: Peer assessment of plan. Teacher VF/ <i>Responding to Feedback</i>. Self-Assessment (SA) of plan</p>	<p>Teacher VF/ <i>Responding to Feedback</i> PA: Peer assessment of TOPIC.</p>	<p><i>Teacher Assessment (TA)</i> Summative assessment of YTD.</p>	