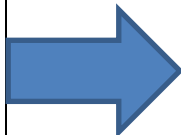
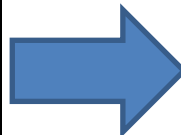


Food and Nutrition Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit to be studied	Introduction to Food and Nutrition	Introduction to Food and Nutrition	Introduction to Food and Nutrition	Packed Lunch	Packed Lunch	Packed Lunch
Subject Content Outline	<ul style="list-style-type: none"> -Basic Food hygiene and safety -Equipment and basic skills -Courgette and cheese muffins -Weighing and measuring -Evaluation and tasting of food products -Knife skills -Fruit tasting -Fruit salad 	<ul style="list-style-type: none"> -Healthy eating -Using the cooker and cooking methods -Fruit and Vegetables -Flapjacks -Scones -Fruit crumble and savoury crumble -Soup -Stir fry -Christmas product 		<ul style="list-style-type: none"> -Introduction to the brief with suitable products -Packed lunch products -Smoothies and comparison -Savoury biscuits and tzatsiki -Bread and yeast 		<ul style="list-style-type: none"> -Planning and making own product -Where food comes from -Rice salad -Koftas with bread options and sauces -Cupcakes -Pizza
Aims/Assessment Objectives	<p>To introduce Food and Nutrition as a subject Pupils to understand and apply the principles of nutrition and health. Pupils cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Pupils become competent in a range of cooking methods. They understand the source, seasonality and characteristics of a broad range of ingredients. To work as a group producing products suitable for the brief To produce own suitable products fit for the brief</p>					
Assessment	Practical work Practical group work Evaluations Knowledge and understanding Research			End of unit test (45 minutes)		

Cross curricular opportunities	<p>Maths (Numbers, Ratio, Proportions and rates of change, Statistics) Science (Nutrition and digestion, ingredients and functions) English(Reading, Writing, Grammar & Vocabulary, Spoken English) ICT</p> <p>PSHE (Health and wellbeing) Humanities</p>					
Social, Moral, Spiritual, Cultural	<p>Communication, working with others in a group. Making decisions and informed choices. Healthy eating. The study of different cultures, to identify and understand their needs. Using a variety of approaches to generate creative ideas and avoid stereotypical responses. Testing and evaluating ideas. Planning products for others. Food allergies and special dietary requirements.</p>					
Homework	Four week research project. Ingredients to practical lessons	Ingredients to practical lessons	Four week research project. Ingredients to practical lessons	Ingredients to practical lessons Doddle tasks	Four week research project. Ingredients to practical lessons	Ingredients to practical lessons