

Year 7

Topic Overview



Autumn Term : Cooking and Nutrition

Students will be introduced to the food room , they will discuss fire drills, Health and Safety in the food room, as well as personal , kitchen and food hygiene procedures.

They will learn where food comes from Plant or Animal, be able to name, identify and use some basic equipment .

They will be introduced to basic sensory descriptor words to describe appearance, smell, taste and texture of foods for evaluation.

Students will also become familiar and confident using the oven, grill and hob.

Spring term

Students will become familiar with the different cooking methods and make foods using some of these methods., they will discuss and understand how heat changes foods as well as how heat can be dangerous.

They will be able to discuss seasonings in food, evaluate and try different foods.

Students will discuss, identify and use different colour chopping boards.

Summer term

Students will learn about the food chain and the process from crops to cereals. They will be able to discuss foods allowed in moderation, 5 a day, as well as comparing the eat well plate with the eat well guide.

They will learn basic skills such as peeling, grating ,cutting and weight and measuring ingredients with supervision.