



Year 7 Food and Nutrition Medium Term Plan Autumn Term

Learning Overview (Contents)	• Food Hygiene • Kitchen Safety • Reflections and Describing Food • Skill development and confidence building
Assessment Opportunities	Understanding of Key hygiene and safety requirements in the kitchen. Safe use of a knife to gain a knife passport.
Home Learning Resources	Recipe ideas to make at home and develop skills and confidence. Recipes - Food A Fact Of Life
Knowledge organisers	Link to knowledge Organisers food-hygiene-ko-11-14c.docx sensory-characteristics-ko-11-14c.docx cooking-ko-11-14c.docx

Week Number	Learning Overview / objective (outlined above)	What should pupils know, understand and be able to do by the end of the week? (Use clear Success criteria)
1	Introduction - Why is Food education so important? - What will we be learning about? - Why do we eat? - Why do we like different foods? - What is your favourite food?	Know what food education is Understand that there are many different reasons why we choose to eat the foods we do
2	Food Hygiene - What is the difference between food hygiene and kitchen safety? - Why is it important?	Know why Food hygiene is important to reduce the spread and growth of bacteria that leads to food poisoning. Understand the 4C's of Food Hygiene Extension – explain how bacteria grows through binary fission
3	Kitchen Safety - Fruit salad Demo - What are the practical lesson expectations rules and, routines - Knife safety and cutting techniques - Washing up and effective cleaning	Know the importance of safe and efficient working practices in the kitchen. Understand how to use the bridge and claw hold to prepare a range of fruits and wash up in the correct way.

4	Fruit salad student practical. - Make a fruit salad demonstrating safe and hygienic working practices	Know the step-by-step routine when starting a practical food lesson. Demonstrate the bridge hold and claw grip whilst making a fruit salad and ensuring all washing up and tidying away is completed to the required standard. Write a reflection on how well you completed the task
5	Coleslaw Practical - Make a coleslaw demonstrating safe and hygienic working practices	Demonstrate further knife skills and using a grater safely Demonstrate the bridge hold and claw grip whilst making a coleslaw and ensuring all washing up and tidying away is completed to the required standard. Write a reflection on how well you completed the task
5	Hob Safety/Soup demo - What are the key safety points when using the hob	Know the different knife cuts (Julienned, Brunoise, Cayenne, Macedoine), and demonstrate the cuts using carrots Understand the importance of using the hobs safely and continuing with regular safe and hygienic working practices.
6	Soup Practical - Make soup demonstrating safe and hygienic working practices	Demonstrate the knife skills and safe use of the hob and blender Write a reflection on how well you completed the task
7	Sensory Analysis - How do we describe food using a range of sensory adjectives	Know what our different senses are and how we use them to analyse food. Understand it is important to use a range of adjectives to describe food in a detailed way. Extension – create a poster to explain what their favourite food is and why

8	Weighing and Measuring/Oven safety Demo of Diwali Biscuits - Why is accurate weighing and measuring important? - What are the key safety rules when using an oven?	Know how to weigh and measure accurately and what at the different abbreviations for measurements Understand the safety rules when using an oven Extension – practice at home
9	Practical – Diwali Biscuits - Weigh, measure and make the biscuits demonstrating safe and hygienic working practices	Demonstrate the weighing and measuring skills and use of the oven Write a reflection on how well you completed the task
10	Assessment	
11	Cross Contamination Chicken Goujon demonstration - Why is it important to minimize the spread of bacteria during food preparation - What are the key safety rules when using a oven?	Know how to avoid cross contamination whilst preparing meat Understand the the different flavorings that can be used to enhance the dish and make a suitable dip to accompany. Extension – practice at home
12	Chicken Goujon Practical - Prepare and cook the chicken Goujons demonstrating safe and	Demonstrate hygiene working practices whilst preparing and cooing chicken Extension - Bring ingredients to make a suitable dip and flavour the goujons

	hygienic working practices	
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