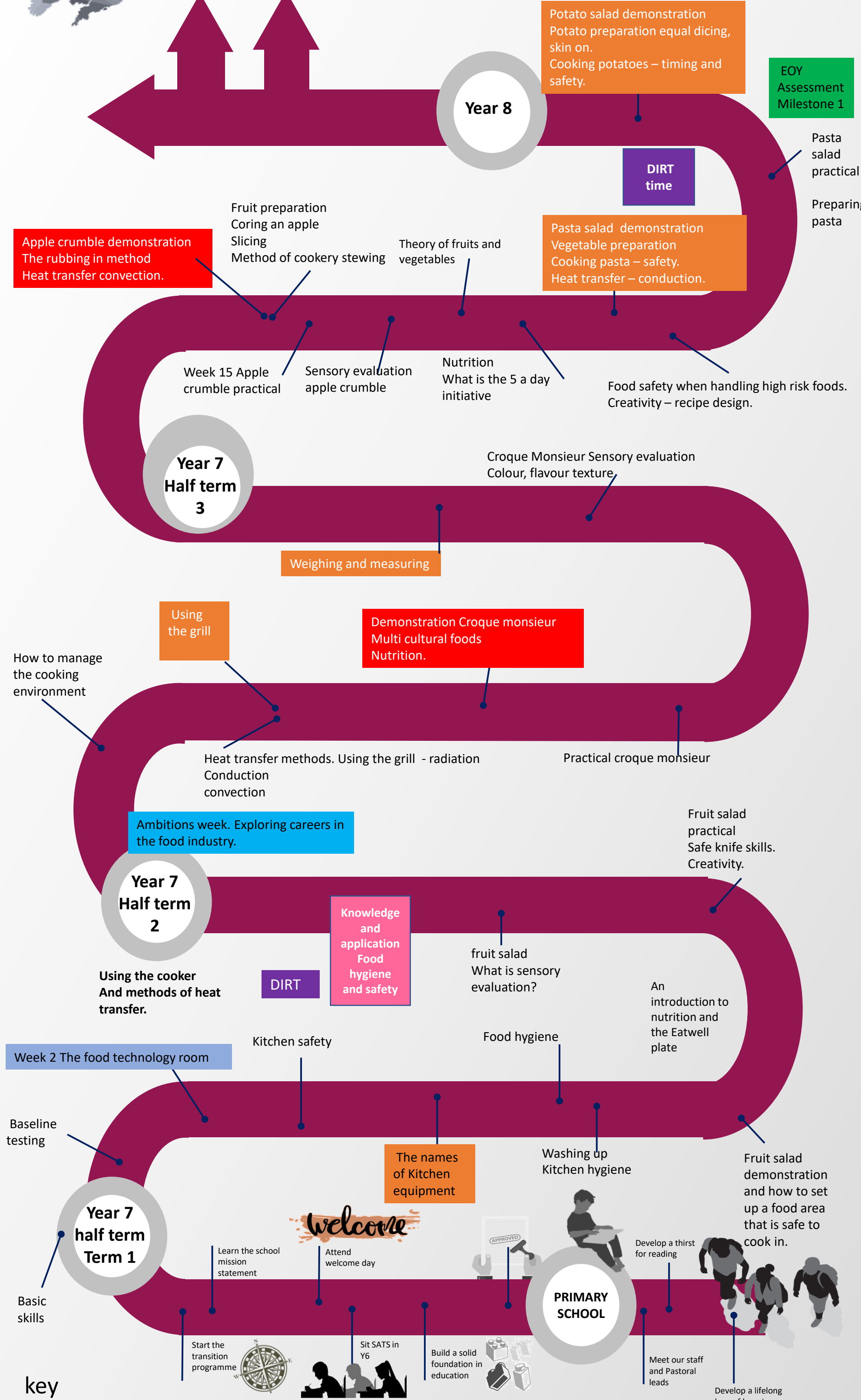




# THE JOURNEY OF LEARNING

## YR7 FOOD - COOKING AND NUTRITION



**Apple crumble demonstration**  
The rubbing in method  
Heat transfer convection.

Fruit preparation  
Coring an apple  
Slicing  
Method of cookery stewing

Theory of fruits and vegetables

**Potato salad demonstration**  
Potato preparation equal dicing, skin on.  
Cooking potatoes – timing and safety.

**EOY Assessment Milestone 1**

**DIRT time**

Pasta salad practical  
Preparing pasta

**Pasta salad demonstration**  
Vegetable preparation  
Cooking pasta – safety.  
Heat transfer – conduction.

Week 15 Apple crumble practical

Sensory evaluation apple crumble

Nutrition  
What is the 5 a day initiative

Food safety when handling high risk foods.  
Creativity – recipe design.

**Year 7 Half term 3**

Croque Monsieur Sensory evaluation  
Colour, flavour texture

Weighing and measuring

Using the grill

**Demonstration Croque monsieur**  
Multi cultural foods  
Nutrition.

How to manage the cooking environment

Heat transfer methods. Using the grill - radiation  
Conduction  
convection

Practical croque monsieur

**Ambitions week. Exploring careers in the food industry.**

Fruit salad practical  
Safe knife skills.  
Creativity.

**Year 7 Half term 2**

Using the cooker  
And methods of heat transfer.

**DIRT**

**Knowledge and application**  
Food hygiene and safety

fruit salad  
What is sensory evaluation?

An introduction to nutrition and the Eatwell plate

Week 2 The food technology room

Kitchen safety

Food hygiene

Baseline testing

The names of Kitchen equipment

Washing up  
Kitchen hygiene

Fruit salad demonstration and how to set up a food area that is safe to cook in.

**Year 7 half term Term 1**

Basic skills

Learn the school mission statement

Attend welcome day

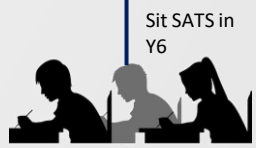
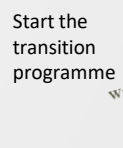


Develop a thirst for reading

**PRIMARY SCHOOL**

Meet our staff and Pastoral leads

Develop a lifelong love of learning



Build a solid foundation in education



key

	Cultural capital		PSHCE		Careers		Literacy focus		Knowledge and application		DIRT		summative assessment
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