

Art and Design Department – Food Preparation and Nutrition

Year 2022

Topic: Year 7 Nutrition and Diet

Learning Journey - Term 1

Prior learning:

Knowledge of '5 A Day' in KS2. May have started to practicing cutting, spreading, pouring, grating and toasting.

Learning sequence – Nutrition and Diet							Endpoint
Main learning steps	Kitchen familiarization Research skills - Common food bacteria and food poisoning	Weighing, measuring, knife and cooking skills	Health and safety	Use of a cooker- Hob, grill and oven	Focus on '5 A Day (portion size) Provenance of fruit and vegetables General introduction to 'Nutrition' (Macronutrients and Micronutrients) Focus on Vitamins, minerals, water and dietary fibre	Sensory evaluation And food presentation skills	Make Fruit salad, Fruit cakes Vegetable cous-cous And work booklet
Assessment	Research Homework	Peer and teacher feedback	Whole class feedback	Verbal feedback	Verbal feedback	Teacher feedback	Teacher summative assessment

Where will we use these ideas again: When making higher skills food

The above skills are starting point in food practical; therefore, developing these skills require attention to detail

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Learning Term 2

Prior learning:
Knowledge of Nutrition – Micronutrients and Macronutrients

Learning sequence – Nutrition and Diet							Endpoint
Main learning steps	Heat transfer	Grating, rubbing in, rolling, forming a dough, shaping, cutting and glazing	Control of hob	Use of grill and oven	Focus on Macronutrients Protein – HBV Fat – Saturated/unsaturated and Carbohydrate – Starch and sugar	Sensory evaluation And food presentation	Make Pizza toast, Savoury scones, Ratatouille with beans and work booklet
Assessment	Research Homework	Peer and teacher feedback	Whole class feedback	Verbal feedback	Verbal feedback	Teacher feedback	Teacher summative assessment

Where will we use these ideas again: When selecting ingredients, preparing and cooking food using different techniques.

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Learning Term 3

Prior learning:
Knowledge of Nutrition – The 6 Main Nutrients required for the body

Learning sequence – Nutrition and Diet							Endpoint
Main learning steps	Food labelling Research Skills	More Knife skills - Separating Florets Sauce making Health issues linked to diet	Control of hob	Use of grill and oven	Focus on meeting the brief and success of the practical task Developing food preparation, cooking and presentation skills	Sensory evaluation And food presentation	Cook Cauliflower and broccoli Plan and cook own choice dish (based upon a specific brief i.e. savoury dish) And work booklet
Assessment	Research Homework	Peer and teacher feedback	Whole class feedback	Verbal feedback	Verbal feedback	Teacher feedback	Teacher summative assessment

Where will we use these ideas again: When selecting ingredients, preparing and cooking food using different techniques.