

Subject: Food Technology      Year 7      Ability All

Term / Date(s)	HT 1	HT2
Topic	Theory – Hygiene & Safety Practical – Chopping Skills	Theory – Healthy Eating + Cooking Methods Practical – Baking Skills, cooking methods
Topic overview Pupils will learn...	<ul style="list-style-type: none"> <li>To understand basic Health and Safety, including risks and control measures within a practical cooking environment.</li> <li>To understand the importance of kitchen organisation.</li> <li>To understand the basics of washing up to avoid cross-contamination.</li> <li>To understand the different chopping methods.</li> <li>To understand the Health and safety measures surrounding knives</li> <li>To understand the importance of PPE.</li> </ul>	<ul style="list-style-type: none"> <li>To understand the risks surrounding cross-contamination.</li> <li>To understand the basic principles of nutrition and health with regards to the Eatwell Guide.</li> <li>To create a healthy meal plan using the Eat Well Guide.</li> <li>To understand a range of cooking methods and their benefits.</li> </ul>
Components	<ul style="list-style-type: none"> <li>Students will understand the expectations of working within a practical cooking environment.</li> <li>Students will identify the risks within a cooking environment.</li> <li>Students will understand the importance of ingredient storage and high-risk ingredients.</li> <li>Students will understand the importance of PPE in a cooking environment.</li> <li>Students will understand how to wash up to avoid cross-contamination and bacteria growth.</li> <li>Students will understand how to use a knife safely whilst creating a range of savoury and sweet dishes.</li> <li>Students will apply their understanding of cross-contamination and PPE to their practical cooking activities.</li> <li>Students will understand how to use the Bridge and Claw method when chopping ingredients.</li> <li>Students will understand a range of different chopping methods such as: Dice, Julienne, Chiffonade and apply these to their practical cooks.</li> <li>Students will understand the importance of knife safety and apply this to practical cooking activities.</li> <li>Students will understand the term cross-contamination and apply this knowledge to the use of chopping boards and kitchen organisation.</li> <li>Students will learn the rubbing-in methods and apply this to both sweet and savoury bakes.</li> </ul>	<ul style="list-style-type: none"> <li>Students will understand the risks of cross-contamination and how to prevent this.</li> <li>Students will understand the importance of a healthy balanced diet.</li> <li>Students will understand the 5 main categories of the Eatwell Guide – Carbohydrates, Protein, Dairy, Fruits &amp; Vegetables &amp; Fats.</li> <li>Students will use their knowledge of the Eatwell Guide to plan a weekly healthy and balanced food diary.</li> <li>Students will identify and understand the purpose of a range of equipment found in a kitchen.</li> <li>Students will identify a range of different cooking methods.</li> <li>Students will apply their knowledge of cooking methods to a range of savoury and sweet practical dishes.</li> </ul>
What pupils should already know (prior learning components)	<ul style="list-style-type: none"> <li>Basic knowledge of food hygiene and safety.</li> <li>Some basic baking/cooking/preparation skills.</li> <li>Be able to select some appropriate equipment.</li> <li>Be able to follow step-by-step instructions.</li> <li>Have a basic knowledge of washing-up and drying.</li> <li>How to use knives safely.</li> <li>Be able to use equipment and tools safely</li> </ul>	<ul style="list-style-type: none"> <li>Be able to use equipment and tools safely</li> <li>Be able to follow step-by-step instructions.</li> <li>Have a knowledge of washing-up and drying.</li> <li>Knowledge of food hygiene and safety.</li> <li>How to use knives safely.</li> <li>Some knowledge of healthy and unhealthy foods. .</li> <li>Be able to follow step-by-step instructions.</li> <li>Be able to use equipment and tools safely</li> <li>Good knowledge of washing-up and drying.</li> <li>How to use chopping methods for practical dishes</li> </ul>
Golden Knowledge	<ul style="list-style-type: none"> <li>To understand hygiene and safety to work safely within the food room</li> <li>To understand chopping methods: Bridge / Claw Method/ Small dice / Large Dice / Julienne</li> <li>Safe use of using the hob</li> <li>Rubbing-in method</li> <li>Shaping / forming a dough</li> <li>Safe use of the oven</li> </ul>	<ul style="list-style-type: none"> <li>To understand cross contamination and how to prevent it</li> <li>To understand the 5 main categories of the Eatwell Guide and how it can be used to plan a balanced diet</li> <li>Rubbing in method / creating a dough</li> <li>Shaping the pin-wheels</li> <li>Whisking / Combining</li> <li>Replacing butter with Oil (Dietary Allergens)</li> <li>Chopping – Julienne / Large Dice</li> <li>Frying - Hob</li> <li>.</li> </ul>
Transferrable knowledge (skills)	<ul style="list-style-type: none"> <li>Be able to follow step-by-step instructions.</li> <li>Be able to work well as a team.</li> </ul>	<ul style="list-style-type: none"> <li>Be able to follow step-by-step instructions.</li> <li>Be able to work well as a team.</li> </ul>

	<ul style="list-style-type: none"> <li>• Be able to follow a recipe / method.</li> <li>• Have a good knowledge of hygiene and safety.</li> <li>• Understand the importance of PPE.</li> <li>• Identify risks and apply control measures.</li> <li>• Be able to follow a recipe / method.</li> <li>• Be able to work with independence.</li> <li>• Understand the importance of PPE.</li> <li>• Identify risks and apply control measures.</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to follow a recipe / method.</li> <li>• Be able to work with independence.</li> <li>• Have a good knowledge of hygiene and safety.</li> <li>• Understand the importance of PPE.</li> <li>• Identify risks and apply control measures.</li> <li>• Have a good knowledge of a healthy balanced diet.</li> <li>• Be able to plan a healthy balanced diet.</li> <li>• Be able to follow step-by-step instructions.</li> <li>• Be able to work well as a team.</li> <li>• Be able to follow a recipe / method.</li> </ul>
Key vocabulary pupil will know and learn	Health & Safety, Personal Protective Equipment (PPE), Method, Recipe, High Risk Ingredients, Quantity, Ingredient, Prepare, Grate, Chop, Cross-Contamination, Crush, Allergens, Weight, Equipment, Skills, Storage, Sweet, Savoury Practical, Baking. Risks, Control Measures.	Health & Safety, Personal Protective Equipment (PPE), Method, Recipe, High Risk Ingredients, Quantity, Ingredient, Prepare, Grate, Chop, Cross-Contamination, Crush, Allergens, Weight, Equipment, Skills, Storage, Sweet, Savoury Practical, Baking. Risks, Control Measures, Eatwell Guide, Planning, Evaluation, Practical, Healthy, Unhealthy, Balanced.
Assessment activities	Assessing practical outcomes Assessment of booklet work Verbal assessment Assessment of practical and written tasks 'I do, we do, you do'	Assessing practical outcomes Assessment of booklet work Verbal assessment Assessment of practical and written tasks 'I do, we do, you do'
Resources available	PowerPoints and resources on shared area. Classwork booklet. Recipe / Homework booklet.	PowerPoints and resources on shared area. Classwork booklet. Recipe / Homework booklet.