



Curriculum Summary Document

Year 7 - Food

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
The role of nutrients – the Eatwell Guide	Autumn Term	<p>Students will begin by understanding what the Eatwell Guide is, and the principles of nutrition and health. Alongside this, they will then learn about basic food preparation skills such as knife handling and health & safety in the kitchen. Students will have small practicals each lesson to practice the skills or knowledge taught within the lesson. They will then cook every third lesson for the whole lesson. Through practical cooking, students will learn about the role of each food group in the body, beginning with carbohydrates, protein and fruit and vegetables while also learning about a range of cooking techniques, such as selecting and preparing ingredients and using utensils and kitchen equipment safely and effectively.</p>	<p>Introducing students to the importance of the Government guidelines and the nutrients each food group contains provides a basis for further knowledge as they progress through KS3 and KS4. Students are armed to make informed, positive choices about food selection.</p>	<p>Science – role of nutrients CLASS – healthy living Maths- weighing and measuring English- reading and following a set of instructions</p>
The role of nutrients – dairy, proteins, fats & oils	Spring and Summer Term	<p>Students will learn the purpose and function of dairy in our diets and consider different sources of dairy. They will then learn about proteins, including sources of high biological value and low biological value. This will also lead to an understanding of alternative diets, including vegetarian and vegan, and how proteins can be sourced. Finally, students will learn about saturated and unsaturated fats and oils, and their roles in the body, as well as considering the consequences of too much saturated fat. Alongside this, students will continue to develop a range of cooking skills that will allow them to cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. They will also learn how to use an awareness of taste, texture and smell to decide how to season dishes and combine ingredients, and how to adapt recipes.</p>	<p>Continuing to develop knowledge of nutrients further allows students to make informed, positive choices about food selection. Using kitchen utensils and equipment provides students with a basis from which to develop as they create more challenging and varied dishes. Confidence in the kitchen will increase throughout the year.</p>	<p>Science – role of nutrients CLASS – healthy living Maths- weighing and measuring English- reading and following a set of instructions</p>