

Year 7

The Year 7 curriculum is aimed at the development of practical skills including the ability to work independently, to be well organised and to work safely and hygienically. The theory of food safety and hygiene is at the core of every lesson. The practical tasks involve using different parts of the cooker, working safely with knives and other kitchen equipment.

Students are taught about healthy eating by studying the Eatwell Guide as well as other government initiatives such as the NHS 8 healthy eating tips, and 5 a day. These are foundations for students' knowledge throughout Year 7 food.

Year 7 will spend all year studying food, making a range of foods. This will teach them a variety of food preparation and cooking techniques. Before practical work starts, food safety and hazard analysis are taught to prepare students for a high level of safe practical work. Specialist food teachers demonstrate how to make each dish to highlight key information and show quality practical skills that are needed for the recipe and to produce high standard food.

The students start by making a couscous salad to practice safe knife skills, they then progress to making a french bread pizza where they learn about safe use of the grill. Other dishes they make allow students to develop independence in weighing and measuring as well following a recipe, these dishes include savour crumble and vegetable curry.

The vegetable soup, french bread pizza and breakfast muffins are assessed practical dishes throughout the year. This gives the students the opportunity to demonstrate their understanding of food safety, food hygiene and progressive kitchen skills.

Students work in a kitchen team with everyone making their own dish. This promotes teamwork as well peer support in lessons. Towards the end of the year the students make a vegetable curry and lamb koftas, this encourages students to try new flavours and understand about flavour balance. It also supports their understanding of healthier ways to cook dishes. All recipes allow students to choose appropriate sensory descriptive words whilst evaluating the food skills that they have shown during the practical work. This extends their current literacy skills and introduces them to technical food language.