



Food - 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 and practical tasks involve using the different parts of the cooker, working safely with high risk foods and safe knife skills.

Students are taught about healthy eating by studying UK guidelines that include the [Eatwell Guide](#) and current Government initiatives such as 5 a day and the [NHS 8 tips for healthy eating](#). These are the foundations for student knowledge throughout Year 7 Food.

Year 7 students will spend approximately ten weeks studying Food, making a range of predominantly savoury dishes. 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 progress to baking a snack pizza to build up confidence in a range of basic skills and use of the cooker. Further work includes students learning to make a traditional British fruit crumble using fresh fruits. Other dishes allow students to develop independence in following recipes and include making flapjacks, savoury scones and fruity muffins. Each of these recipes give students the option to fine tune the recipes with their own ingredient choices.

Pasta salad is an assessed practical task which gives them the opportunity to demonstrate their understanding of planning and making a salad that meets the requirements of the Eatwell Guide.

Students work in groups to make a stir fry using a wide variety of vegetables that encourages students to try new flavours and textures. It also supports their understanding of healthier cooking methods, diet and nutrition. 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.

"Every kid in every school, no matter what their background, deserves to learn the basics about food - where it comes from, how to cook it and how it affects their bodies." - Jamie Oliver