



Curriculum Narrative

Subject: Food and Nutrition	Year: 7	Author: Mrs J Stewart
<p style="text-align: center;">Key Knowledge <i>Pupils will know</i></p>		<p style="text-align: center;">Key Skills <i>Pupils will be able to</i></p>
<p style="text-align: center;">Key Threshold Concepts:</p> <p>Key stage 3</p> <ul style="list-style-type: none"> • Understand and apply the principles of nutrition and health • Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet • Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] • Understand the source, seasonality and characteristics of a broad range of ingredient 		<p style="text-align: center;">Subject Skills:</p> <p><i>Food and Nutrition Year 7</i></p> <p>In Year 7, learners will be studying food all year on a 1 lesson a fortnight basis.</p> <p>In Food Preparation and Nutrition, learners will be taught a variety of practical skills using a range of materials whilst following both Food hygiene and Health and safety guidelines.</p> <p>Areas they will focus on are:</p> <ul style="list-style-type: none"> • The Eatwell Guide, • Food Hygiene • Health and safety • All areas of cooking using Hob, Grill and oven • Fruits and vegetables • Knife skills • Correct use of equipment • Measuring ingredients • Rubbing in method • Muffin making methods. • Sensory analysis and evaluation • All homework and recipes will be placed on go for schools on a weekly basis
<p style="text-align: center;"><u>Subject Specific Knowledge</u></p> <ul style="list-style-type: none"> • Pupils will develop their knowledge and understanding of ingredients and healthy eating. • Pupils will develop their knowledge food provenance. • Pupils will acquire and demonstrate food preparation and cooking techniques. • Pupils will acquire and demonstrate the principles of food hygiene and safety. • Pupils will develop their knowledge of consumer food and drink choice. • Pupils will apply their knowledge to make informed choices. • Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently. • Pupils will build and apply a repertoire of knowledge, understanding and skills in order to 		<p style="text-align: center;"><u>Prerequisites and Spiral Teaching:</u></p> <p>Pupils will build on their learning in Key Stage 2 Design and Technology: knowledge and skills include:</p> <ul style="list-style-type: none"> • use of basic equipment and tools, basic practical skills, origin and simple functions of ingredients, healthy eating and The Eatwell Guide, food choice. • knowledge, understanding and skills needed to engage in an iterative process of designing and making in a range of contexts, such as the home, school and culture. • Students will start year 7 with a limited experience of a kitchen environment. • Many will never have used the tools and will be unable to recognise basic equipment. • All will be taught the importance of health and safety and hygiene rules in a busy kitchen.

create high quality dishes for a wide range of people.

- Pupils will evaluate their work and the work of others.
- track their progress using the [My learning journey booklet](#) (cooking, nutrition, ingredients, food provenance and creativity).

- They will understand how to use a range of equipment safely and independently.
- Students will understand where a range of ingredients sit in the Eatwell guide and be able to identify the 5 main food groups.
- Students will understand the function of ingredients and will be able to link them to the Eatwell guide.
- Sensory evaluations following most practical's. To allow for development of the sensory vocabulary.

Learning outcomes overview
 Through this scheme of work, pupils will:

- recall and apply the principles of The Eatwell guide and the 8 tips for healthy eating, to their own diet;
- name the key nutrients, sources and functions;
- acquire and demonstrate a range of food skills and techniques;
- adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity;
- acquire and demonstrate the principles of food hygiene and safety;
- identify how and why people make different food and drink choices;
- demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making;
- apply and consolidate their literacy and numeracy skills by using them purposefully in real-life scenarios;

track their progress using the [My learning journey booklet](#) (cooking, nutrition, food provenance, ingredients and creativity).

- Cross-Curricular Knowledge Links:**
- **English** – Literacy – following differentiated methods
 - **Maths** – weighing and measuring
 - **Science** – the function of food in our bodies
 - **Geography** – Understanding what factors effect where produce is produced
 - **Citizenship** – Food provenance. Reduce, reuse, recycle

Reading Lists / Sources / Reading around the subject recommendations:

Ministry of food by Jamie Oliver
 Jamie's Dinners by Jamie Oliver
 How to bake by Paul Hollywood
www.bbcfood.co.uk
www.bbcbitessize.co.uk

Resources
[Food – a fact of life and](#) British Nutrition Foundation
[Food Standards Agency](#)
[NHS Live Well](#)