

## Food- Y7 Learning Journey 2023-2024

Key Constructs						
Nutrition	Provenance	Food choice	Food safety	Food science	Food in industry	Cooking and preparation

Week	Date	Topic- Please plan for pause/ RAP lessons	HWK	Assessment
1(wed)	4.09.23	Eatwell Guide Fruit and Vegetables – theory – vitamins, minerals and fibre		Baseline assessment
2	11.09.23			
3	18.09.23		A	
4	25.09.23	Class Fruit Salad (Knife skills, key rules of food room). Scientific: enzymic browning, fruit & lemon juice.	B	
5	02.10.23	Knowledge test on Fruit and Veg- Introduction to Carbohydrate Bread etc theory – Carbohydrate Sugar V Starch. Food provenance – bread, pasta, rice, potato		Assessment
6	9.10.23		C	
7	16.10.23	Demo Croque Monsieur – (Roux sauce, grill. Challenge = choice of own filling, bread, cheese) Scientific: Gelatinisation. Planning to make	Ingr	
<b>Half Term</b>				
1	30.10.23	Class make Croque Monsieur		
2	6.11.23	Sugar V Starch prep and reminder- demo of stuffed potatoes	Ingr	
3	13.11.23	Stuffed potatoes	D	
4	20.11.23	Sugar V starch assessment- Introduction to Protein	E	Assessment
5	27.11.23	Cross contamination- Burger Demo	Ingr	
6	4.12.23	Making burgers	F	
7	11.12.23	Burger assessment / evaluation-		Assessment
<b>CHRISTMAS</b>				
1(Tue)	2.01.24	Eggs Nutrition and Cooking and preparation	G	
2	8.01.24	Cooking eggs using the 4 methods		
3	15.01.24	Dairy- Cheese cake demo- Calcium	H- Ingr	
4	22.01.24	Cheesecake		Assessment
5	29.01.24	Fats- Cheese cake evaluation- Assessment- Flapjack Demo	Ingr	Assessment
6	5.02.24	Flapjacks		
<b>Half term</b>				
1	19.02.24	Flapjack evaluation- review of homework's and assessments and Key Constructs	I	Assessment
2	26.02.24	Water and hydration	J	
3	4.03.24	Muffins- Healthy choices		
4	11.03.24	Muffin development	Ingr	
5	18.03.24	Making Muffins		Assessment
6	27.03.24	Annual exam prep	All	
<b>EASTER</b>				
1	17.04.24	Annual Exam Prep/ Packaging	All	
2	24.04.24	Packaging- Industry	K	
3 (BH)	02.05.24	<b>Annual Exams</b>		Assessment All KC
4	08.05.24	RAP/ addressing misconceptions	N	
5	15.05.24	Pizza Tasting	O	
6	22.05.24	Pizza Planning	Ingr	
<b>Half term</b>				
1	05.06.24	Pizza Making		
2	12.06.24	Salads and seasonality	P	
3	19.06.24	Planning a salad	Ingr	Assessment

4	23.06.24	Making a salad		
5	03.07.24	Salad evaluation		
6	10.07.24	Contingency		
7	17.07.24	Activities week		

Name:		Autumn	Spring	Summer
Subject Target		Flightpath		
Annual Exam Grade:		BFL		

Assessments- Colours indicate the main KC which is being covered in the assessment. KC not shown in the assessments will be covered in the Annual Exam and other assessment- Nutrition is the most important KC in year 7.

Date	Assessment	Grade	Date	Assessment	Grade	Date	Assessment	Grade
Aut 1	Baseline-Nutrition		Spr 1	Practical Cheesecake		Sum1	Annual Exam All KC	
Aut 1	Fruit and Vegetables-Nutrition		Spr 1	Nutrition-Eggs and Fats				
Aut 2	Sugar V Starch		Spr 2	Key Construct-Nutrition-recall assessment		Sum 2	Food Choice	
Aut 2	Food Safety		Spr 2	Food Choice				

## Y7 Food Key Constructs

NUTRITION			
There are recommended guidelines for a healthy diet (Eatwell Guide).	The body needs macro and micro nutrients to function efficiently. Malnutrition is the result of a poor diet that doesn't meet	There are major diet related health risks including obesity, cardiovascular, bone health, dental health, iron deficiency anaemia, diabetes	It is important to keep hydrated to enable the body to function

FOOD PROVENANCE/ ENVIRONMENTAL ISSUES
Foods come from a range of sources; grown, reared, or caught

FOOD CHOICES/ DISH PROPOSAL	
There are a range of factors that influence food choices, including enjoyment, preferences, seasonality, costs, availability, time of day, activity, celebration, or occasion	People make informed choices about food and drink to achieve a varied and balanced diet, including awareness of portion sizes and costs

FOOD SAFETY	
Food spoilage can be recognised through taste, texture, appearance and aroma as the signs of microorganisms	There are a number of food safety principles in buying, storing, preparing, cooking and serving food

FOOD SCIENCE	
The working characteristics, functional and chemical properties of ingredients can be altered to achieve a particular result	There are a range of cooking methods that impact on food

FOOD IN INDUSTRY
There are many types of careers in the food, hospitality and catering sector

COOKING AND FOOD PREPARATION- here are a range of skills and processes that must be mastered
<p>consider the influence of lifestyle and consumer choice when developing meals and recipes</p> <p>consider nutritional needs and food choices when selecting recipes, including when making decisions about the ingredients, processes, cooking methods and portion sizes</p> <p>develop the ability to review and make improvements to recipes by amending them to include the most appropriate ingredients, processes, cooking methods and portion sizes</p> <p>manage the time and cost of recipes effectively</p> <p>use their testing and sensory evaluation skills, adjusting where needed, to improve the recipe during the preparation and cooking process</p> <p>explain, justify and present their ideas about their chosen cooking methods to others</p> <p>make decisions about which techniques are appropriate based on their understanding of nutrition, food, different culinary traditions and cooking and food preparation content in order to achieve their intended outcome. They should be able to carry out these techniques safely and combine them into appealing meals whilst evaluating the results.</p>

KEY WORDS			
Nutrition Protein Calcium Carbohydrate Enzymic Browning Vitamins Minerals Gelatinisation Specification		Sugar Starch Fat Eatwell Guide Bridge Claw Knife Dish cloth Tea towel	

