

Food YR7 Learning Journey 2024-2025

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	ILT	Assessment
1(Thurs)	05.09.24	Eatwell Guide Fruit and Vegetables – theory – vitamins, minerals and fibre Baseline Test and RAP		Baseline assessment
2	09.09.24			
3	16.09.24			
4	23.09.24	Class Fruit Salad (Knife skills, key rules of food room). Scientific: enzymic browning, fruit & lemon juice.	ILT 1	
5	30.09.24	Nutrition Test - Fruit and Veg Intro Carbohydrate - Bread etc theory – Carbohydrate Sugar V Starch. Food provenance – bread, pasta, rice, pot		Nutrition TEST
6	07.10.24			
7	14.10.24	Demo Croque Monsieur – (Roux sauce, grill. Challenge = choice of own filling, bread, cheese) Scientific: Gelatinisation. Planning to make	ILT 2	
8	21.10.24	Class make Croque Monsieur		
Half Term				
9	04.11.24	RAP Nutrition Test demo of stuffed potatoes		
10	11.11.24	Stuffed potatoes make		
11	18.11.24	Sugar V Starch Nutrition Test Introduction to Protein	ILT 3	Nutrition TEST
12	25.11.24	RAP Sugar V Starch Cross contamination- Burger demo		
13	02.12.24	Making burgers- cross contamination awareness		
14	09.12.24	Burger assessment / evaluation Food Safety Test		Food Safety TEST
15	16.12.24	RAP Food Safety Test Eggs- nutrition, cooking and preparation	ILT 4	
CHRISTMAS				
16	06.01.25	Cooking eggs using the 4 methods		
17	13.01.25	Dairy- Cheese cake demo- Calcium	ILT 5	
18	20.01.25	Cheesecake- make Cooking Test		Cooking TEST
19	27.01.25	RAP Cooking Fats- Flapjack Demo		
20	03.01.25	Flapjack make	ILT 6	
21	10.02.25	Flapjack evaluation- review of ILT's, Key Constructs etc		
Half term				
22	24.02.25	Water and hydration Nutrition Test		Nutrition TEST
23	03.03.25	RAP Nutrition Test Muffins- Healthy choices		
24	10.03.25	Muffin development	ILT 7	
25	17.03.25	Making Muffins		
26	24.03.25	Food Packaging and Labelling		
27	31.03.25	Annual exam preparation		
EASTER				
28(BH)	21.04.25	Recap of KC. Identifying equipment	ILT 8	
29	28.04.25	Annual Exams		Assess all KC
30(BH)	06.05.25	RAP/ addressing misconceptions		
31	12.05.25	Introduce Pizza – Provenance and wheat to flour. Pizza Tasting		
32	19.05.25	Pizza demo and planning		
Half term				

33	02.06.25	Pizza Making		
34	09.06.25	Evaluation Salads and seasonality		
35	16.06.25	Food Choice Test Demo and planning a salad		Food Choice TEST
36	23.06.25	Making a salad		
37	30.07.25	Salad evaluation		
38	07.07.25	Food Choice RAP Contingency		
39	14.07.25	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
Aut 1	Baseline		Spr 1	Cooking - Cheesecake	
Aut 1	Nutrition – Fruit and Vegetables		Spr 2	Nutrition- Eggs and Fats	
Aut 2	Nutrition - Sugar and Starch		Sum 2	Food Choice – Salads and seasonal foods	
Aut 2	Food Safety – 4C's				

Y7 Food Key Constructs

NUTRITION			
There are recommended guidelines for a healthy diet (Eatwell Guide).	The body needs macro and micronutrients 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 several 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 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 Vegetable	Sugar Starch Fat Eatwell Guide Bridge	Claw Knife Dishcloth Tea towel Evaluation