

Year 7 Rotation 1 Food, Preparation and Nutrition Learning Journey 2020-2021

W	Date	Covering the Key Constructs - 2 x 9 week rotations	N	FP	FC	CFP	Unit	Assessment
1	07.09.20	Setting up folders-Eatwell Guide Set Challenge HWK Fruit and Vegetables – theory – vitamins, minerals and fibre					Eat Well Guide	Base-line
2	14.09.20	Class to make Fruit Salad (Knife Skills) Scientific: enzymic browning-fruit and lemon juice. Evaluation.						
3	21.09.20	Bread etc theory – Carbohydrate Sugar V Starch. Demonstrate Traditional Croque Monsieur - Gelatinisation. Planning to make						
4	28.09.20	Class to make Croque Monsieur (Roux Sauce provided, Grill, Challenge = choice of own filling, bread, cheese) Exam question practise						Teacher Assessment AO1 'Sugar V Starch'
5	05.10.20	RAP Meat & Fish – theory – Protein 4Cs - video Scientific: Cross Contamination on Bread. Food Provenance of meat						
6	12.10.20	Demonstrate burgers. Class to make burgers (Group, School provided) (Food processor, Food probe, Cross- contamination, Oven) Evaluation comparison to Vegetarian Burgers						
7	19.10.20	RAP Assessment Milk & Dairy – theory – Calcium. Food production Milk and Cheese Demonstrate Cheesecake. Planning to make						
8	02.11.20	Class to make Cheesecake (Presentation, Layering, Fridge, Challenge = citrus fruit, decoration)						Teacher Assessment AO1-4 Project
9	09.11.20	Sugar and Fat- theory. FEEDBACK – GRADE, WWW						

1	08.02.21	Recap the Food Room – Egg and Bread Challenge. Demonstration and class make, Eggy bread, boiled, fried, poached etc (School provided), Eggs- theory – cross section, practical notes					Egg and Bread: Muffins	
2	22.03.21	Recall of First 9 weeks-whiteboard. Challenge 1: Design and make a healthier option muffin for a teenager. Teenager needs. Discuss muffins focusing on nutrition – issues Demonstration of a healthy sweet muffin and a savoury muffin Internet research of ideas. Planning to make						
3	01.03.21	Class to make developed muffin. Evaluation. Meeting the Challenge						
4	08.03.21	Evaluation Exam question practise Packaging requirements – making a muffin box using key information of what needs to be on packaging by law. ANALYSING NUTRITION LABELS						Teacher Assessment AO2 Nutrition
5	15.03.21	RAP Revise Year 7 EOYE						Teacher Assessment AO1 EOYE
6	22.03.21	Challenge 2: Introduce Pizza challenge History of pizza – Food Provenance, favourite toppings, image board of ideas Nutrition – Eatwell guide					Pizza	
7	29.03.21	Demo of pizza – class to join in to make mini pizzas Plan own pizza						
8	19.04.21	Class to make developed pizza of choice						Teach Assessment AO1-4 Project
9	26.04.21	Evaluation RAP OF EOYE						
10	04.05.21	Use of Jenny Ridgewell for Nutrition MEETING THE CHALLENGE						

Year 7 Rotation 2 Food, Preparation and Nutrition Learning Journey 2019-2020

W	Date	Covering the Key Constructs - 2 x 9 week rotations	N	FP	FC	CFP	Unit	Assessment
1	16.11.20	Setting up folders-Eatwell Guide Set Challenge HWK Fruit and Vegetables – theory – vitamins, minerals and fibre					Eat Well Guide	Base-line
2	23.11.20	Class to make Fruit Salad (Knife Skills) Scientific: enzymic browning-fruit and lemon juice. Evaluation.						
3	30.11.20	Bread etc theory – Carbohydrate Sugar V Starch. Demonstrate Traditional Croque Monsieur - Gelatinisation. Planning to make						
4	07.12.20	Class to make Croque Monsieur (Roux Sauce provided, Grill, Challenge = choice of own filling, bread, cheese) Exam question practise						Teacher Assessment AO1 'Sugar V Starch'
5	14.01.21	RAP Meat & Fish – theory – Protein 4Cs - video Scientific: Cross Contamination on Bread. Food Provenance of meat						
6	04.01.21	Demonstrate burgers. Class to make burgers (Group, School provided) (Food processor, Food probe, Cross- contamination, Oven) Evaluation comparison to Vegetarian Burgers						
7	11.01.21	RAP Assessment Milk & Dairy – theory – Calcium. Food production Milk and Cheese Demonstrate Cheesecake. Planning to make						
8	18.01.21	Class to make Cheesecake (Presentation, Layering, Fridge, Challenge = citrus fruit, decoration)						Teacher Assessment AO1-4 Project
9	25.01.21	Sugar and Fat- theory. FEEDBACK – GRADE, WWW						
10	01.02.21							

1	10.05.21	Recap the Food Room – Egg and Bread Challenge. Demonstration and class make, Eggy bread, boiled, fried, poached etc (School provided), Eggs- theory – cross section, practical notes					Egg and Bread: Muffins	
2	17.05.21	Recall of First 9 weeks-whiteboard. Challenge 1: Design and make a healthier option muffin for a teenager. Teenager needs. Discuss muffins focusing on nutrition – issues Demonstration of a healthy sweet muffin and a savoury muffin Internet research of ideas. Planning to make						
3	24.05.21	Class to make developed muffin. Evaluation. Meeting the Challenge						
4	07.06.21	Evaluation Exam question practise Packaging requirements – making a muffin box using key information of what needs to be on packaging by law. ANALYSING NUTRITION LABELS						Teacher Assessment AO2 Nutrition
5	14.06.21	RAP Revise Year 7 EOYE						Teacher Assessment AO1 EOYE
6	21.06.21	Challenge 2: Introduce Pizza challenge History of pizza – Food Provenance, favourite toppings, image board of ideas Nutrition – Eatwell guide					Pizza	
7	28.06.21	Demo of pizza – class to join in to make mini pizzas Plan own pizza						
8	05.07.21	Class to make developed pizza of choice						Teach Assessment AO1-4 Project
9	12.07.21	Evaluation RAP OF EOYE Use of Jenny Ridgewell for Nutrition MEETING THE CHALLENGE						