

Year 7 Food Scheme of Work – Food and Nutrition 18 lessons

Students to learn:

- What makes a balanced diet (macronutrients and micronutrients)
- The importance of food safety when preparing and serving food
- A range of skills when preparing and cooking food

Unit 1									
Week	1	2	3	4	5	6	7	8	9
Big Ideas (key concepts)	To understand the structure of this year's lessons. To become familiar with the expectations and routines in the food room.	To understand what the Eatwell Guide is and how it can be used. To know how to make bread rolls.	To demonstrate your ability to follow a recipe independently and make bread rolls	To understand the role of protein in our diet.	To demonstrate your ability to follow a recipe independently and make Mexican pockets.	To understand the role of fats and dairy in our diet.	To demonstrate your ability to follow a recipe independently and make tortilla pizza.	To understand the role of fibre in our diet.	To demonstrate your ability to follow a recipe independently and make sweet potato chips.
Lesson Topics Sequence	Introduction to food lessons, how to wash up, food safety Starter – What is food and Nutrition? Expectations and rules in the food room What will you do in Food and Nutrition in Year 7? Task – plate design full of information. Review questions.	The Eatwell Guide – Carbohydrates: Starter – KO quiz Introduction to the Eatwell Guide, portion sizes, macronutrients and micronutrients (why do we need them?) Demo – bread rolls Carbohydrates task Review questions	Make - bread rolls Extension: Questions and task on recipe	The Eatwell Guide – protein: KO quiz Discussion on protein Demo – Mexican pockets Protein task Review questions	Make – Mexican pockets Extension: Questions and task on recipe	The Eatwell Guide – fats and dairy: KO quiz Discussion on fats and dairy Demo – Tortilla pizza Fats and dairy task Review questions	Make – Tortilla pizza Extension: Questions and task on recipe	Macronutrients – Fibre: KO quiz Discussion on fibre Demo – Sweet potato chips Fibre task Review questions	Make – sweet potato wedges Extension: Questions and task on recipe
Key Resources	Power point Worksheets	Power point Worksheets Ingredients for demo of bread rolls	Ingredients Recipes	Power point Worksheets Ingredients for demo of Mexican pockets	Ingredients Recipes	Power point Worksheets Ingredients for demo of tortilla pizza	Ingredients Recipes	Power point Worksheets Ingredients for demo of sweet potato chips	Ingredients Recipes

Key learning and skills	Food safety Time management	Macronutrients Sources of carbohydrates Function of carbohydrates	Understanding gluten formation Time management Mixing Kneading Shaping Baking	Macronutrients Sources of protein Function of protein	Time management Chopping Frying Shaping Glazing	Macronutrients Sources of fats and dairy Function of fats and dairy Advantages and disadvantages	Time management Chopping Frying Shaping Glazing	Macronutrients – fibre within the carbohydrates group Sources of fibre Why fibre is important	Time management Chopping Seasoning Baking
WK	10	11	12	13	14	15	16	17	18
Big Ideas (key concepts)	To understand the role of vitamins and minerals in our diet.	To demonstrate your ability to follow a recipe independently and make banana muffins	To understand the origin of a range of celebration foods.	To demonstrate your ability to follow a recipe independently and make gingerbread.	To revisit learning on protein and understand the term 'protein complementation'. To be able to identify vegetarian sources of protein.	To demonstrate your ability to follow a recipe independently and make	To understand the importance of learning to budget when buying food and how batch cooking can save money. To demonstrate your ability to follow a recipe independently and make	To understand the role of sugars within the diet and be able to identify a range of different sugars within foods.	To demonstrate your ability to follow a recipe independently and make
Lesson Topics Sequence	Vitamins and minerals: KO quiz Discussion on vitamins and minerals Demo – banana muffins Vitamins and minerals task Review questions	Make – banana muffins Extension: Questions and task on recipe	Celebration foods: KO quiz Discussion on celebration foods Demo – Ginger biscuits Celebration foods task Review questions	Make – gingerbread Extension: Questions and task on recipe	Vegetarian sources of protein: KO quiz Recap on protein and discussion about vegetarian sources. Protein complementation Demo – Salad in tortilla bowl Protein task Review questions	Make – salad in tortilla bowl Extension: Questions and task on recipe	Make – pasta bake Extension: Questions and task on recipe	Sugars lesson: KO quiz Discussion on sugars Demo – Biscuits Sugars task Review questions	Make – biscuits Extension: Questions and task on recipe
Key Resources	Power point Worksheets Ingredients for demo of banana muffin	Ingredients Recipes	Power point Worksheets Ingredients for demo of ginger biscuits	Ingredients Recipes	Power point Worksheets Ingredients for demo of salad in tortilla bowl	Ingredients Recipes	Ingredients Recipes	Power point Worksheets Ingredients for demo of biscuits	Ingredients Recipes
Key Resources	Micronutrients Sources of vitamins and minerals Function of vitamins and minerals.	Time management Mixing Mashing Baking	Cuisine from different cultures	Time management Mixing Rolling Cutting Baking	Macronutrients – protein Alternative sources of protein	Time management Chopping Roasting Shaping	Time management Boiling Making a basic sauce	Sugars within the carbohydrates group. Effects of excess/deficiency	Time management Mixing Rolling Cutting Baking

	Result of excess/deficiency.								
--	------------------------------	--	--	--	--	--	--	--	--