

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

Lesson	Objective	Lesson content	Resources	Knowledge linked to specification	Practical skills
1	<p>To understand the structure of this year's lessons.</p> <p>To become familiar with the expectations and routines in the food room.</p> <p>To understand what the Eatwell Guide is and how it can be used.</p> <p>To know how to make bread rolls.</p>	<p>Introduction to food lessons, how to wash up, food safety</p> <ol style="list-style-type: none"> 1. Starter – What is food and Nutrition? 2. Expectations and rules in the food room 3. What will you do in Food and Nutrition in Year 7? 4. Task – plate design full of information. <p>The Eatwell Guide – Carbohydrates:</p> <ol style="list-style-type: none"> 1. Starter – KO quiz 2. Introduction to the Eatwell Guide, portion sizes, macronutrients and micronutrients (why do we need them?) 3. Demo – bread rolls 4. Carbohydrates task 5. Review questions 	<p>Power point</p> <p>Worksheets</p> <p>Power point</p> <p>Worksheets</p> <p>Ingredients for demo of bread rolls</p>	<ul style="list-style-type: none"> • Food safety • Time management • Macronutrients • Sources of carbohydrates • Function of carbohydrates 	
2	To demonstrate your ability to follow a recipe independently and make bread rolls	<p>Make - bread rolls</p> <p>Extension: Questions and task on recipe</p>	<p>Ingredients</p> <p>Recipes</p>	<ul style="list-style-type: none"> • Understanding gluten formation 	<p>Time management</p> <p>Mixing</p> <p>Kneading</p> <p>Shaping</p> <p>Baking</p>
3	To understand the role of protein in our diet.	<p>The Eatwell Guide – protein:</p> <ol style="list-style-type: none"> 1. KO quiz 2. Discussion on protein 	<p>Power point</p> <p>Worksheets</p>	<ul style="list-style-type: none"> • Macronutrients • Sources of protein • Function of protein 	

		3. Demo – Mexican pockets 4. Protein task 5. Review questions	Ingredients for demo of Mexican pockets		
4	To demonstrate your ability to follow a recipe independently and make Mexican pockets.	Make – Mexican pockets Extension: Questions and task on recipe	Ingredients Recipes		Time management Chopping Frying Shaping Glazing
5	To understand the origin of a range of celebration foods.	Celebration foods: 1. KO quiz 2. Discussion on celebration foods 3. Demo – Ginger biscuits 4. Celebration foods task Review questions	Power point Worksheets Ingredients for demo of ginger biscuits	<ul style="list-style-type: none"> Cuisine from different cultures 	
6	To demonstrate your ability to follow a recipe independently and make gingerbread.	Make – gingerbread Extension: Questions and task on recipe	Ingredients Recipes	<ul style="list-style-type: none"> Cuisine from different cultures 	Time management Mixing Rolling Cutting Baking

CHRISTMAS HOLIDAY

7	To understand the role of fibre in our diet.	Macronutrients – Fibre: 1. KO quiz 2. Discussion on fibre 3. Demo – Sweet potato chips 4. Fibre task Review questions	Power point Worksheets Ingredients for demo of sweet potato chips	<ul style="list-style-type: none"> Macronutrients – fibre within the carbohydrates group Sources of fibre Why fibre is important 	
8	To demonstrate your ability to follow a recipe independently and make sweet potato chips.	Make – sweet potato wedges Extension: Questions and task on recipe	Ingredients Recipes		Time management Chopping Making a basic sauce Baking
9	To understand the role of vitamins and minerals in our diet and	Vitamins and minerals: 1. KO quiz	Power point Worksheets	<ul style="list-style-type: none"> Micronutrients Sources of vitamins and minerals 	

	know a range of sources of vitamins and minerals	<ol style="list-style-type: none"> 2. Discussion on vitamins and minerals 3. Demo – banana muffins 4. Vitamins and minerals task Review questions		<ul style="list-style-type: none"> • Function of vitamins and minerals. • Result of excess/deficiency. 	
10	To demonstrate your ability to follow a recipe independently and make banana muffins.	Make – fruit muffins Extension: Questions and task on recipe	Ingredients for fruit muffins		Time management Mixing Mashing Baking
11	To understand the role of fats and dairy in our diet.	The Eatwell Guide – fats and dairy: <ol style="list-style-type: none"> 1. KO quiz 2. Discussion on fats and dairy 3. Demo – Tortilla pizza 4. Fats and dairy task 5. Review questions 	Power point Worksheets Ingredients for demo of tortilla pizza	<ul style="list-style-type: none"> • Macronutrients • Sources of fats and dairy • Function of fats and dairy • Advantages and disadvantages 	
12	To demonstrate your ability to follow a recipe independently and make tortilla pizza.	Make – Tortilla pizza Extension: Questions and task on recipe	Ingredients Recipes		Time management Chopping Seasoning Baking
EASTER HOLIDAY					
13	To understand the importance of learning to budget when buying food and how batch cooking can save money.	Budgeting and meal planning: <ol style="list-style-type: none"> 1. KO quiz 2. Discussion on budgeting and meal planning – why is it important to do this? 3. Demo – Nachos 4. Budgeting task Review questions	Power point Worksheets	<ul style="list-style-type: none"> • Adapting recipes to suit ingredients available. Costing of ingredients	
14	To demonstrate your ability to follow a recipe independently and make nachos	Make – nachos Extension: Questions and task on recipe	Ingredients Recipes		Time management Chopping Shaping

15	To understand the role of sugars within the diet and be able to identify a range of different sugars within foods.	Sugars lesson: 1. KO quiz 2. Discussion on sugars 3. Demo – fruit crumble 4. Sugars task Review questions	Power point Worksheets	<ul style="list-style-type: none"> Sugars within the carbohydrates group. Effects of excess/deficiency 	
16	To demonstrate your ability to follow a recipe independently and make	Make – apple crumble Extension: Questions and task on recipe	Ingredients Recipes	<ul style="list-style-type: none"> Understanding enzymic browning 	Time management Chopping Boiling
17	To understand the role of breakfast in a healthy diet and be able to explain traditional breakfasts from at least 4 countries.	Breakfast: 1. KO quiz 2. Discussion on breakfasts from around the world 3. Demo – Granola 4. Breakfast task Review questions	Power point Worksheets	<ul style="list-style-type: none"> Understanding different cuisine and traditions. Nutritional benefit of eating a balanced breakfast. 	
18	To demonstrate your ability to follow a recipe independently and make granola.	Make – granola Extension: Questions and tasks on recipe	Ingredients Recipes		Time management Mixing Baking
19 – extension lesson	To demonstrate your ability to follow a recipe independently and make French toast.	Make – French toast Extension: Questions and tasks on recipe	Ingredients Recipes	<ul style="list-style-type: none"> Coagulation 	Time management Mixing Frying

SUMMER HOLIDAY