

Year 7 Food Scheme of work.

Date	Learning Objective
Lesson 1	To explain the layout of the food room and to recognise, name and locate the tools and equipment in the food room. To describe the expectations for working in the food room and explain and apply health and safety practices used including the safe and effective use of knives.
Lesson 2	To recognise, name and locate the tools and equipment in the food room. To describe the expectations for working in the food room.
Lesson 3	To compare and evaluate existing vegetable salad products. To describe sensory evaluation and list the sensory descriptors for a salad.
Lesson 4	To describe the principles of <i>The eatwell plate</i> and relate this to their own diet. To explain and apply the 8 tips for healthy eating, the 5 A Day message and portion size.
Lesson 5	To compare and evaluate existing products for ratatouille or soup: how they are made To evaluate the cost, size and nutritional content
Lesson 6	To prepare and cook a seasonal fresh vegetable dish such as ratatouille or soup, using knives safely. To demonstrate the safe use of the hob and measure liquids accurately.
Lesson 7	To explain where bread, rice, potatoes, pasta and other starchy foods come from and why they are important in the diet. To discuss energy balance and to identify how lifestyle and culture can affect food choice.
Lesson 8	To calculate the energy and nutrients provided by a recipe using a nutrition analysis programme. To demonstrate modification of a vegetable or fruit based crumble
Lesson 9	To prepare and cook a savoury dish with a topping made from starchy food, such as vegetable cobbler or savoury crumble. To demonstrate weighing and measuring, rubbing-in, preparation of fillings, e.g. peeling, slicing, layering ingredients, using the oven (baking).
Lesson 10	To explain where milk and dairy food comes from.

	To explain how consumer demand influences availability, e.g. lower fat dairy products.
Lesson 11	To prepare and cook bread based dish such as pizza toast. To demonstrate the safe use of the grill or oven, grater and other small equipment.
Lesson 12	To explain where meat, fish, eggs and beans come from. To list the food choices available for vegetarians and explain how their dietary needs are met.
Lesson 13	To investigate ways in which recipes can be modified. To perform a simple product analysis, including an overview of the functional properties of the ingredients, and sensory evaluation.
Lesson 14	To prepare using one or more foods that provides a source of protein, such fish goujons, chicken goujons or bean burgers. To demonstrate the skill of shaping and using the oven.
Lesson 15	To write a simple specification for a batch of fruit or savoury breakfast muffins. To evaluate levelled criteria in order to determine areas for improvement