



KS3: Year 7 Cooking & Nutrition

Year 7
approx. 18
lessons

KS 2 PRIOR KNOWLEDGE

Assessment of prior knowledge and skills
Recap health and safety



Health and safety in the kitchen

Understand the importance of hazards & risks in the kitchen.

Students will learn about the importance of following health, safety & hygiene procedures when working with food.

Skill development :

Development of practical skills (bridge & claw) using a variety of equipment to make a fruit salad, healthy pizza bread (using the grill).



Weighing, measuring and equipment

Students will be able to identify and explain the uses of kitchen equipment. They will independently and safely use a variety of equipment.

Skill development :

Development of practical skills: using the oven, shaping, forming, (Sausage Rolls), weighing & measuring (Fairy Cakes)



Eatwell guide

Students will develop their understanding of the importance of a balanced diet by looking at the Eatwell Guide. They will analyse their own diet and learn how to make healthier choices to their diet.

Skill development :

Development of practical skills, kneading, shaping, forming (Bread Rolls), and Cous Cous Salad



Nutrients

Students will be able to list the main nutrients. They will study the main functions of each nutrient.

Skill development :

Development of ability to successfully plan their own recipes and dovetail tasks. This will be completed by students producing their own time plans and storyboards to show production of dishes/products.



NC assessment

Knowledge & understanding

Planning

Practical's

To Year 8 ...

