

Food Technology

Year 7

Please use this Route Through to learn more about what students are learning in lessons, and how they can extend their learning at home. Please contact the Head of Department or Director of Year for more information.

Subject	What are students learning in lessons?	What could students do to extend their learning and develop their character?
Autumn Term 1	Introduction to Cooking and Nutrition: macronutrients, health and safety and food safety. Basic Knife Skills: bridge and claw, fruit salad, sensory analysis.	Be curious: research seasonal fruits from around the world and present your research as a mind map or poster.
Autumn Term 2	Why We Cook Food: using the hob, ratatouille, the Eatwell guide.	Be focused: redesign a ratatouille recipe using seasonal ingredients from different continents. Present each new recipe as a recipe card.
Spring Term 1	Starchy Carbohydrates: savoury muffins, yeast, fermentation and bread rolls.	Be curious: research savoury breads from around the world and create an illustrated recipe booklet.
Spring Term 2	International Bread Products: focaccia, flat breads and tortilla.	Be curious: design three focaccia toppings or tortilla fillings and present them as recipe cards.
Summer Term 1	Primary and Secondary Processing: how flour is made, how bread is made in industry and using bread products as a main meal in pizza or calzone.	Be curious: track the journey of wheat, through primary processing to a usable stock form (flour). Create a flow chart for the journey.
Summer Term 2	Designing Nutritional Dishes: select and justify ingredient choice for a bread product. Revision and exam preparation for end of year in class exam.	Be curious: investigate breads from around the world and create a comparison page showing their ingredients and nutritional value.
How should I plan my time?	Assessment	Home Learning
	Students think hard and answer lots of questions every lesson. Students practice and get feedback on their work. Exam: Summer 2	Character tasks to continue the joy of learning beyond the classroom.