

(A)UTHENTIC

(S)ACRED

(P)ASSIONATE

(I)NSPIRATIONAL

(R)ESILIENT

(E)MPATHETIC

Y7 Food and Nutrition					
Term 1.1 Modules: Introduction to Food Preparation, knife skills	Term 1.2 Modules: Fruit and vegetables	Review of learning DIRT & summative	Term 2.1 Modules: Protein	Term 2.2 Modules: Healthy eating	Review of learning DIRT & summative
<p>Unit Intent:</p> <p>During their first half term of Food Preparation and Nutrition pupils will be introduced to the kitchen. Learning basic knife skills, as well as kitchen and food safety.</p> <p>In their first half term they will follow the following structure:</p> <ol style="list-style-type: none"> 1) Introduction to the kitchen (T) 2) Fruit salad (P) 3) Equipment (T) 4) Pitta pizzas (P) 5) Weighing and measuring (T) 6) Flapjack (P) <p>T=Theory lesson P= Practical lesson</p>	<p>Unit Intent:</p> <p>In the second half term pupils will follow the following lesson pattern: -</p> <ol style="list-style-type: none"> 1) Fruit and vegetables (T) 2) Layered pasta salad (P) 3) Nutrition (T) 4) Vegetable stir fry (P) 5) Safe storage of food in fridge (T) 6) Fruit buns (P) <p>T=Theory lesson P= Practical lesson</p>	<p>Food Preparation and Nutrition will alternate lessons of theory and practical, to build both knowledge and skills.</p> <p>Assessment</p> <ol style="list-style-type: none"> 1) Food safety 2) Hazards & Test 3) Layered pasta salad practical assessment <p>CST Catholic Social Teaching: Common Good, Dignity in Work and Participation, Stewardship , Solidarity , Option for the Poor , and Human Dignity</p> <p>Careers Food Safety Officer Environmental Health Officer Nutritionist Pizza Chef</p> <p>Reading 3-2-1</p>	<p>Unit Intent:</p> <p>In the second term of Food Preparation and Nutrition pupils begin cooking more complex dishes, explore the environmental impacts of food and delve deeper into the role of protein.</p> <ol style="list-style-type: none"> 1) Seasonality and food miles (T) 2) Chickpea and potato curry (P) 3) Packed with protein (T) 4) Breaded chicken (P) 5) Cereals (T) 6) Apple crumble (P) <p>T=Theory lesson P= Practical lesson</p>	<p>Unit Intent:</p> <p>In the final half term of Food Prep in Y7, pupils learn about healthy eating and hidden sugars, cooking a range of dishes that include vegetables.</p> <ol style="list-style-type: none"> 1) Healthy breakfast (T) 2) Cheese and courgette muffins (P) 3) Sensory analysis (T) 4) Tomato soup (P) 5) Hidden sugars (T) 6) Rock cakes (P) 7) Summary of learning (T) <p>T=Theory lesson P= Practical lesson</p>	<p>Food Preparation and Nutrition will alternate lessons of theory and practical, to build both knowledge and skills.</p> <p>Assessment</p> <ol style="list-style-type: none"> 1) Experiment and write up 2) End of year exam <p>CST Catholic Social Teaching: Common Good, Dignity in Work and Participation, Stewardship , Solidarity, Option for the Poor and Human Dignity</p> <p>Careers Pastry Chef Bakery Owner (running your own business) Dietician Dentist / Hygienist</p> <p>Reading 3-2-1</p>