

Term	Week	Focus	Summary	Learning Outcomes	Learning skills
Term 1.1	1	Health & Safety/Food Hygiene	Health & Safety/Food Hygiene.	<ul style="list-style-type: none"> Understand health & Safety/Food Hygiene in the Food Technology room. 	Collaboration Linking
	2	The Eatwell Guide	The Eatwell Guide and healthy eating.	<ul style="list-style-type: none"> Introduction to the Eatwell Guide, what it is and the 5 main sections. Explain what a balanced diet is Plan meals and menus for themselves and others, using the Eatwell guide. 	Collaboration Linking
	3	Enzymic Browning	Enzymic Browning and why it happens to different ingredients.	<ul style="list-style-type: none"> Explain what Enzymic Browning is and why different foods turn brown over time. 	Critical Thinking Harding working
	4	Recipe Modification	Modifying a recipe to meet the needs of individuals who are vegan/vegetarian.	<ul style="list-style-type: none"> Investigate and explain ways in which recipes can be modified and independently create their own modified recipes. 	Critical Thinking Harding working Creative thinking
	5	Product Analysis	Product Analysis and analysing an existing product. Muffin packet.	<ul style="list-style-type: none"> Perform a product analysis and sensory evaluation and record the results. 	Analytical thinking Risky learning Critical thinking
	6	Creating a recipe.	Creating a recipe and a time plan for a chosen dish that has been modified for a vegetarian/vegan.	<ul style="list-style-type: none"> Write a recipe and time plan Identify equipment needed and preparation required for additional ingredients. 	Creative thinking Hard working

Term 1.2	1	Food Choice.	Food Choice and investigating into why different foods are appetizing.	<ul style="list-style-type: none"> Identify factors that can affect food choice and investigate ways in which food can be made appetizing. 	Creative thinking Analytical thinking
	2	Nutritional requirements for teenagers.	Nutritional requirements for teenagers and planning a dish linked to this.	<ul style="list-style-type: none"> Investigate the nutritional requirements for teenagers and plan a suitable main meal dish. 	Critical Thinking Analytic Thinking
	3	Starchy Carbohydrates.	Starchy Carbohydrates, functions and the benefits of it in our diet. The process method for different starchy carbohydrates.	<ul style="list-style-type: none"> Explain where potatoes, bread, rice, pasta and other starchy carbohydrates come from and some of the production and processing methods used to make other products. 	Linking Agile example
	4	Energy Balance.	Energy Balance and what it is.	<ul style="list-style-type: none"> Explain energy and energy balance and portion control; Explain how lifestyle and culture can affect food choice. 	Linking Agile example
	5	Dairy.	Dairy and the influences on availability.	<ul style="list-style-type: none"> Explain where milk and dairy food comes from, the production and processing methods used and describe How the health and wellbeing of animals is maintained. Discuss how consumer demand influences availability. 	Linking Agile example Hard working
	6	Assessment	Evaluate practical cooking experiences and appraisal of own learning journey.	<ul style="list-style-type: none"> Assess what they have achieved over Year 7 lessons, justifying how their work could be enhanced in the future. Appraise and measure their success for the dishes they have cooked, noting main food skills and cooking techniques demonstrated. Pupils will also explain areas of improvement and how these will be met. 	Linking Agile example Critical thinking