

Food Technology – YR 7 - TERM 1.1



I LINK

- I can connect the Eatwell Guide to planning balanced meals.
- I can relate food hygiene rules to real kitchen scenarios.
- I can connect food choice with lifestyle and culture.
- I can link energy balance to portion control in meals.
- I can relate consumer demand to food availability in shops.



I ANALYSE

- I can break down the Eatwell Guide into its 5 food groups.
- I can examine why foods experience enzymic browning.
- I can identify the causes of poor food hygiene practices.
- I can compare food choices of teenagers to adults.
- I can investigate how starchy foods are processed.



I SOLVE PROBLEMS

- I can adapt recipes to suit dietary needs or ingredient availability
- I can propose food modifications for dietary needs.
- I can resolve menu planning issues for balanced meals.
- I can find alternatives for common allergens in recipes.
- I can adapt recipes to make food more appealing.



I EVALUATE

- I can assess the healthiness of a meal using the Eatwell Guide.
- I can evaluate the impact of food hygiene rules on safety.
- I can judge the success of a recipe based on sensory evaluation.
- I can weigh the pros and cons of various cooking methods.
- I can critique my food plan and improve it next time.

I READ

- Food Standards Agency (UK) - Website: <https://www.food.gov.uk>
- NHS Live Well – The Eatwell Guide - Website: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>
- BBC Bitesize – Food Preparation and Nutrition (GCSE) - Website: <https://www.bbc.co.uk/bitesize/subjects/zdn9jhv>
- British Nutrition Foundation - Website: <https://www.nutrition.org.uk>

I LEARN

1. Exploring food origins, processing, and environmental impact
2. Planning meals for specific dietary needs and age groups
3. Evaluating and refining recipes using sensory analysis

Food Technology – YR 7 - TERM 1.2



I INTERPRET

I can explain why some foods go off or change colour over time.

I can explain the role of carbohydrates in a healthy diet.

I can link different foods to their nutritional value and role in a balanced diet

I can describe cultural influences on food choices.

I can explain energy balance in relation to physical activity.



I PRACTISE

I can follow hygiene rules when preparing food.

I can use equipment safely and effectively.

I can accurately measure and prepare ingredients.

I can follow a recipe and time plan step-by-step.

I can carry out a product analysis independently.



I APPLY

I can use the Eatwell Guide to plan weekly meals.

I can apply knowledge of nutrients to food planning.

I can apply portion control strategies to meal preparation.

I can apply knowledge of cultural needs to menus.

I can use sensory results to refine a recipe.



I LINK

I can link processing methods to food origin.

I can connect dairy sources to final products like cheese.

I can relate portion size to calorie needs.

I can connect food trends to consumer demand.

I can link energy intake to healthy lifestyle habits.

I READ

- Food Standards Agency (UK) - Website: <https://www.food.gov.uk>
- NHS Live Well – The Eatwell Guide - Website: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>
- BBC Bitesize – Food Preparation and Nutrition (GCSE) - Website: <https://www.bbc.co.uk/bitesize/subjects/zdn9jhw>
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I LEARN

- 1- Factors that impact human resource planning in a business.
- 2- Methods of managing employee performance and the impact of motivation on business performance.
- 3- Effective recruitment and selection contribution to business success, considering both compliance and performance outcomes.