

Year 7 Cooking & Nutrition - All pupils will each complete 2 half terms in year 7

Curriculum Rational - The year 7 curriculum builds and broadens the skills and knowledge developed during KS1 & 2. Pupils are taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils are taught to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture, and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality, and characteristics of a broad range of ingredients

Links to Design Technology - Links are made with prior knowledge of health and safety across all the DT subjects, pupils are assessed against the relevant KS3 national Curriculum descriptors for DT

Extended home learning project - supports classroom learning in an out of school context and allows pupils to develop research and literacy skills linking to the knowledge gained in the classroom. Pupils select a product to cook based on their personal preference and how confident they feel when demonstrating their practical skills.

Knowledge and skills - Depending on the length of the term some of the Knowledge & skills sessions may not occur - apart from the use of the grill, all skills taught in year 7 are repeated twice (time permitting), and then repeated in year 8

Half term 1

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
<p>What? Knowledge - Food Safety</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Prior knowledge for KS2 checked. • Pupils need to know how to produce safe food prior to commencing practical work. 	<p>What? Knowledge - Health & Safety and First Aid</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Pupils need to know how to identify and rectify hazards • Pupils need to know how to deal with accidents prior to commencing practical work. 	<p>What? Knowledge & skills - Washing up and weighing & measuring</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Building on prior knowledge of food safety and health & safety in a practical way - Washing up • Introducing pupils to the correct way to prepare for a practical lesson • Demonstrating numeracy in cooking, introducing pupils to their work area and equipment, weighing out dry commodities for subsequent practical work 	<p>What? Knowledge & skills - Rubbing in method and use of the oven</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Demonstrating prior knowledge (food safety, health & safety, preparing a practical • Introducing the rubbing in method (pupils will potentially revisit this in their EHLP and during year 8) • Introducing chemical raising agents. • Introducing knowledge and skills with regards to specific commodities • Pupils handle familiar commodities to make a product that they are familiar with. • Introducing how the oven works, building on food safety and health and safety - building independence • Practise washing up 	<p>What? Knowledge and skills - All-in-one method and retrieval of oven use</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Retrieval of prior knowledge of use of oven, equipment, and commodities. • Retrieval of measurement of liquids • Retrieval of knowledge of chemical raising agents. • Retrieval of knowledge and skills with regards to specific commodities from first practical • Demonstration of knife skills from second practical • Practise washing up 	<p>What? Knowledge and skills - All-in-one method and retrieval of oven use</p> <p>Why? / How?</p> <ul style="list-style-type: none"> • Retrieval of prior knowledge of use of oven, equipment, and commodities. • Retrieval of measurement of liquids • Retrieval of knowledge of chemical raising agents. • Retrieval of knowledge and skills with regards to specific commodities from first practical • Demonstration of knife skills from second practical • Practise washing up 	<p>What? Knowledge and skills - Healthy eating</p> <p>Why?</p> <ul style="list-style-type: none"> • Checking prior knowledge of current healthy eating model and correcting misunderstanding • Introducing the concepts of very healthy, healthy, and not so healthy as opposed to good and bad to develop positive relationships with food. • Developing an understanding of different food groups. • Knife skills mastery (apple swans)

Half term 2				
Week 8	Week 9	Week 10	Week 11	Week 12
<p>Knowledge - Where food comes from Environmental awareness, food miles, seasonality</p> <p>Why? / How?</p> <ul style="list-style-type: none"> Builds on prior knowledge of healthy eating and introduces the concept of being a global citizen Develops an understating of how and where commodities grow and how they arrive in our homes Links pupils' environmental awareness gained in other subjects to cooking and nutrition. 	<p>What? Knowledge and skills - All-in one sauce method and retrieval of hob use</p> <p>Why? / How?</p> <ul style="list-style-type: none"> Retrieval of prior skills and knowledge building on independence and competency Links to food provenance Teaches the correct use of the hob (health and safety and first aid) Retrieval of knowledge and skills with regards to specific commodities from previous practical's Completes Knowledge and skills needed for pupils to complete the extended home learning practical independently Practise washing up. 	<p>What? Knowledge and skills - Extended home learning project practical</p> <p>Why? / How?</p> <ul style="list-style-type: none"> Pupils select recipe based on how confident they with their practical skills Demonstrates food safety and health and safety knowledge in a practical way. Retrieval of knowledge and skills with regards to specific commodities from previous practical's Develops confidence and independence Practise washing up. 	<p>What? Knowledge and skills - Skills and use of equipment consolidation</p> <p>Why? / How?</p> <ul style="list-style-type: none"> Stretch and challenges pupils to demonstrate a wide range of skills and knowledge. Retrieval of knowledge and skills with regards to specific commodities from previous practical's Builds confidence Practise washing up 	<p>What? Knowledge - Knowledge consolidation</p> <p>Why? / How?</p> <ul style="list-style-type: none"> Checks and assesses knowledge gained from the last 12 weeks. Overall assessment of age-related expectation for cooking and nutrition based on both qualitative and quantitative data Final chance to correct any misunderstanding prior to pupils moving on to next carousel subject
<p>Note Due to the differing lengths of different terms/half terms the practical work may differ, however, the theory lessons in weeks 1 &2 and the end and start of a half term will not change.</p>				