

Curriculum Overview –

Year 7 Food and Nutrition

Sequencing of topics	What knowledge will students develop? (Including key terminology)	What skills will students develop? (Including literacy & numeracy)	Assessment opportunities	Homework opportunities	Personal development (Ursuline Values, Catholic Social Teaching, Cultural Capital, Cross curricular, Careers)	Curriculum links
Scheme of Work (SoW repeated for second carousel) 18 - week rotation						
Food preparation skills	Basic cookery skills including knife skills – bridge hold and claw grip Using a hob, grill and oven safely Using a range of basic techniques- cake making, sauce making, basic dough (scones), simmering, boiling, Working in a safe environment 4 C's of food hygiene	Practical skills How to use a range of tools and equipment safely Basic preparation skills – rubbing in method, all in one sauce making, all in one sponge cake Testing for readiness Application of food hygiene for safe working processes	Practical work assessed orally in each practical lesson Evaluations used to show understanding of process	Evaluations to allow personal reflections on skills used	Resilience and courage- keeping going when things are not going to plan Looking for ways to improve own performance through trial and error	
Food, nutrition and health	Eatwell guide 8 guidelines for a healthy diet Energy balance Health issues related to obesity	Application of guidelines to inform own dietary choices Understand how a healthy diet can contribute to long term health benefits Understand negative and positive energy balance How obesity affects overall health issues such as diabetes, high blood pressure and strokes	End of unit assessment	Reflections on own diet choices and opportunities to alter diets to improve health benefits		
Food science	Gelatinisation – starch based sauces	Understand the basic functions of carbohydrates in cookery	End of unit assessment			

Food choice	Farming – eggs farming – free range v caged Animal welfare Dairy farming – organic v conventional	Explore the different farming methods and how they impact the consumer, the animal and the farmer	End of unit assessment	Research into farming techniques Animal welfare issues can be explored	Grateful and generous Appreciating God's creation Care for animals Food security and food poverty	
Food provenance	Understanding that all food is reared, caught or grown All food comes from either plant or animal sources	Understand the sources of food and the changes in nutrition from different sources	End of unit assessment	Comparing plant based foods with those from animal sources i.e. margarine and butter	Food security Food poverty Globalisation of food Environmental damage	