

Yr 7

Food Technology

weeks	Lesson 1	Lesson 2	Lesson 3
1 & 2	<ul style="list-style-type: none">- To identify the hazards within a working kitchen- To understand the correct safe methods of carrying knives in the classroom- To gain a basic understanding of where different foods come from	<ul style="list-style-type: none">- To identify the different food groups and their representation on the eatwell plate- To gain a basic understanding of the different nutritional needs of different age groups- To identify the “danger zone”	Practical lesson – fruit smoothie <ul style="list-style-type: none">- To demonstrate the safe use of a knife- To demonstrate the two cutting techniques of the bridge and claw- Demonstrate the use of a blender.- To follow the recipe and method for the making of a fruit smoothie
3 & 4	<ul style="list-style-type: none">- To be able to categorise the different food types that are caught, grown and reared.- To understand the concept of seasonality and its affect on food choice- To understand the concept of provenance of food and its impact on food choice	Practical lesson – Pizza toast <ul style="list-style-type: none">- To demonstrate the safe use of a knife- To demonstrate the two cutting techniques of the bridge and claw- Demonstrate the use of the grill as a heat transfer method- To follow the recipe and method for the making of pizza toast	<ul style="list-style-type: none">- To identify, understand and explain the different methods of heat transfer.- To review the previous learning on the ‘Danger zone’ and apply this knowledge to the different methods of heat transfer.

5 & 6	<p>Practical Lesson – Pasta Salad</p> <ul style="list-style-type: none"> - To demonstrate the safe use of a knife - To demonstrate the two cutting techniques of the bridge and claw - Demonstrate the use of a convection as a method of heat transfer - To follow the recipe and method for the making of a pasta salad 	<ul style="list-style-type: none"> - To understand and identify the sources and function of carbohydrates in our diet - To understand and identify the sources and function of cereals in our diet. 	<p>PAZ lesson</p>
7 & 8	<p>Practical lesson – Cheese and Onion Omelette</p> <ul style="list-style-type: none"> - To demonstrate the safe use of both convection and radiation heat transfer methods - to demonstrate confident knife skills - to demonstrate the practical use of eggs in cooking. 	<ul style="list-style-type: none"> - To receive and build upon individualised feedback garnered from the PAZ. - To understand and identify the sources and function of protein in the diet. - To understand and identify the sources and function of dairy products in a healthy diet. 	<p>Final practical lesson – Rock buns</p> <ul style="list-style-type: none"> - To have an awareness of the safe levels of sweet sugars in the diet - To demonstrate the safe use of an oven as a method of radiation heat transfer.