

Year 7- Food Preparation and Nutrition (Learning Intentions)

Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
<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 Guide. To gain a basic understanding of the different nutritional needs of different age groups. To identify the “danger zone”. 	<p>Practical Lesson- Layered 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.
Lesson 4 Learning Intentions	Lesson 5 Learning Intentions	Lesson 6 Learning Intentions
<ul style="list-style-type: none"> To understand the concept of seasonality and its effect on food choice. To understand the concept of food provenance. To be able to categorise the different food types that are caught, grown and reared. 	<p>Practical Lesson- Pizza Toasts</p> <ul style="list-style-type: none"> 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. To carry out green pen work on marked activity.
Lesson 7 Learning Intentions	Lesson 8 Learning Intentions	Lesson 9 Learning Intentions
<p>Practical Lesson- Chicken Strips & Wedges</p> <ul style="list-style-type: none"> To understand the importance of hygiene to prevent cross-contamination. Gain experience in knowing how chicken is cooked and safe to eat. 	<ul style="list-style-type: none"> To understand and identify the sources and function of carbohydrates in our diet. To know the three different types of carbohydrates. 	<p><i>PAZ LESSON</i></p>

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<ul style="list-style-type: none"> • To use the cutting techniques to prepare and cook the recipe. 	<ul style="list-style-type: none"> • To understand and identify the sources and function of cereals in our diet. 	
<p style="text-align: center;">Lesson 10 Learning Intentions</p>	<p style="text-align: center;">Lesson 11 Learning Intentions</p>	<p style="text-align: center;">Lesson 12 Learning Intentions</p>
<p>Practical Lesson- Choc Chip Rockbuns</p> <ul style="list-style-type: none"> • To demonstrate the safe use of an oven as a method of radiation heat transfer. • To understand the rubbing-in method and why it is used in baking. • To have an awareness of the safe levels of sweet sugars in the diet. 	<ul style="list-style-type: none"> • To understand what is required by law on a food label. • To look at the traffic light system used on food labels. • To understand the importance of allergens been displayed on ingredient lists. 	<p>Practical Lesson- Pear Marble Cake</p> <ul style="list-style-type: none"> • To understand the creaming method. • To use marbling as a cake making technique. • To know how to check a cake for readiness.