

Food Preparation & Nutrition Year 7

Learning Intentions Summer Term 1

2024-2025

	LESSON 1
WEEK 28 wc 21 st April	<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.
WEEK 29 wc 28 th April	<ul style="list-style-type: none">• To understand the role of cereals in our diet.• To know the processing stage of cereals.• To understand why cereals are a staple food with a link to fibre.
WEEK 30 wc 5 th May	Practical Lesson - Choc Chip Rockbuns <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.
WEEK 31 wc 12 th May	<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 on food labels.
WEEK 32 wc 19 th May	Practical Lesson - Stir-Fry <ul style="list-style-type: none">• Demonstrate the bridge-hold and claw-grip knife skills confidently.• Prepare a range of ingredients, e.g. de-seeding chillies, grating fresh ginger.• Use hob safely to stir-fry ingredients, make a stir-fried dish, e.g. sizzling stir-fry.