

# Holy Family Catholic School – Faculty of Mathematics

## Subject –Food preparation and nutrition

Autumn Half-Term 1

Year 7

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Red Zone
<b>Week 1</b> Safety in the kitchen	Knives, cutting, bridge and claw, tidying, safety	Staying safe in the kitchen	Safety, knives, cutting, chopping, tidying	<ul style="list-style-type: none"> <li>I can identify the hazards within a working kitchen.</li> <li>I can understand the correct and safe methods of carrying knives in the classroom.</li> </ul>	Complete the worksheet on knife safety.
<b>Week 2</b> Food journeys and provenance	Eatwell guide, hydration, nutrition, fibre, healthy diet	Food nutrition	Diet, nutrition, healthy eating,	<ul style="list-style-type: none"> <li>I can identify the different food groups and their representation on the Eatwell Guide.</li> <li>I can identify the “danger zone” in food temperature.</li> </ul>	Complete the worksheet regarding the Eatwell guide and basic nutrition.
<b>Week 3</b> Demonstrating practical skills	Time management, recipe, utensils, safety, tidying, fruit salad	Implementing practical skills	recipe, utensils, safety, tidying	<ul style="list-style-type: none"> <li>I can safely use a knife.</li> <li>I can demonstrate different cutting methods.</li> <li>I can efficiently clean and tidy my work area.</li> <li>I can follow the recipe and method for the making of a pasta salad.</li> </ul>	Safely demonstrate all the practical skills you have learnt at this stage and efficiently clean and tidy your work area.
<b>Week 4</b> Understanding seasonality and food production	Food processing, seasonality, growing, rearing,	Food sourcing	Growing, catching, rearing,	<ul style="list-style-type: none"> <li>I can describe the concept of food provenance.</li> <li>I can categorise the different food types that</li> </ul>	Complete the worksheet on seasonality.

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	catching, food miles		seasons, food origins	are caught, grown and reared.	
<b>Week 5</b> Demonstrating practical skills	Time management, recipe, utensils, safety, tidying, pizza toast, grill	Implementing practical skills	recipe, utensils, safety, tidying, bridge and claw	<ul style="list-style-type: none"> <li>I can demonstrate the two cutting techniques of the bridge and claw.</li> <li>I can demonstrate the use of the grill as a heat transfer method.</li> <li>I can follow the recipe and method for the making of pizza toast.</li> </ul>	Safely demonstrate all the practical skills you have learnt at this stage and efficiently clean and tidy your work area.
<b>Week 6</b> Understanding heat transfer methods	Conduction Convection Heat transfer / exchange Radiation	Heat transfer methods	Heat, conduction, boiling, grilling	<ul style="list-style-type: none"> <li>I can identify, understand and explain the different methods of heat transfer.</li> <li>I can apply the previous learning on the 'Danger zone'.</li> <li>I can carry out green pen work on the marked activity.</li> </ul>	Complete the worksheet on heat transfer methods.
<b>Week 7</b> Demonstrating practical skills	Enrobing, hygiene, cross contamination, meat	Controlling cross contamination	hygiene, cross contamination, meat	<ul style="list-style-type: none"> <li>I can explain enrobing as a method.</li> <li>I can understand the importance of hygiene to prevent cross-contamination.</li> <li>I can explain when chicken is cooked and safe to eat.</li> </ul>	Safely demonstrate all the practical skills you have learnt at this stage and efficiently clean and tidy your work area.

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<b>Week 8</b> Understanding simple and complex carbohydrates	Fortify Gluten Harvesting Malting Milling Threshing	Understanding carbohydrates	Sugars, carbohydrates, energy, slow release	<ul style="list-style-type: none"><li>I can identify the sources and function of carbohydrates in our diet.</li><li>I can name the three different types of carbohydrates.</li></ul>	Complete the worksheet on carbohydrates.