

Year 7 Food Long Term Plan 2023-24 - Skills

Term		Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
	C u r r i c u l u m C o n t e n t	Welcome to food, how to be safe in the kitchen, how to treat the room, how to wash your hands and wash up. Hazardous kitchen	Baseline assessment Washing up and further H and S	Fruit salad Knife skills, correct boards, using a knife safely, how to walk around the room, washing up skills	Eatwell guide - Macronutrients	Pizza Toast Using the grill, knife skills	Eatwell guide - Micronutrients	Veg soup Boiling, blending, seasoning, knife skills
	R e t r i e v a l	Hazardous kitchen – roleplay, what hazards can you see?	Room expectations, how to prepare for cooking?	How to prepare for practical?	Coloured board recall.	Macronutrient recall – what are they? What can you remember about them?	Evaluation of last lessons dish	Micronutrient recall – what are they? What can you remember about them?
Term		Lesson 8	Lesson 9	Lesson 10	Lesson 11	Lesson 12	Lesson 13	Lesson 14
	C u r r i c u l u m C o n t e n t	Allergens and food related illness	Cakes/muffins Creaming method, baking, using the oven safely	Food Provenance Food miles	Egg Theory Food poisoning bacteria related to eggs.	Eggs Boiling, frying, poaching, scrambling - experimenting with a range of ways to cook an egg	Assessment	
	R e t r i e v	Evaluation of last lessons dish	Recall on previous lesson, can you name a food related illness	Evaluation of last lessons dish	Last lesson recall, where does your food come from?	Brain dump everything developed so far.	Evaluation of last lessons dish	

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