



YEAR 7 CURRICULUM PLAN FOOD PREPARATION AND NUTRITION

YEAR	TRINITY 2	MICHAELMAS 1	MICHAELMAS 2	LENT 1	LENT 2	TRINITY 1
7	X	<p>1. Introduction the course and food room and the food journey. (room layout, equipment, safety and hygiene)</p> <p>2. Bacteria. Where do bacteria come from?</p> <p>3. Nutrients. Why do we eat food? The Eatwell Guide. Key nutrients and hydration.</p> <p>4. Nutritional needs for different groups of people.</p> <p>5 and 6. Food Investigation - enzymic browning.</p> <p>7. Nutritional Analysis.</p> <p>8 and 9. Practical fruit salad (baseline assessment).</p> <p>10. Fruit.</p> <p>11 and 12. Practical pizza subs.</p> <p>13. Potatoes and vegetables.</p> <p>14 and 15. Practical mini Dutch apple cakes.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 7.</p> <p>Groups have one double and a single lesson each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 7.</p> <p>Groups have one double and a single lesson each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 7.</p> <p>Groups have one double and a single lesson each week.</p>	<p>Pupils rotate between the following areas. Art, FPN, Textiles and DT over the course of Year 7.</p> <p>Groups have one double and a single lesson each week.</p>



		<p>16. Using seasonal food to include food miles and grown food.</p> <p>17 and 18. Practical pasta or rice salad.</p> <p>19. What's on a label? Traffic light labelling and allergens.</p> <p>20 and 21. Practical BBQ chicken or meat substitute tray bake.</p> <p>22. Food life journey and assessment.</p> <p>23 and 24. Practical cheese scones.</p>				
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