



Year 7 Learning Journey for Food & Nutrition

How does this unit link to prior learning?

This is the beginning of my journey in food at Lode Heath School, in year 7 I will lay down the foundations and skills needed to continue my journey in food.

What will you be learning about?	How does this link to the wider curriculum?
SKILLS: I will develop a variety of technical cooking skills including the rubbing in method, how to make a batter and how to use the hob and the oven independently. KNOWLEDGE: I will understand why we need to follow high levels of personal hygiene in the kitchen and learn about food poisoning, the causes and how to prevent it.	Democracy - Opportunities to make choices (e.g. selecting toppings, ingredients) Rule of law - Following kitchen rules and safety procedures Individual Liberty - Encouraged to make their own choices in practical work and reflect on improvements.

We will develop our learning each week by focusing on:

	Skills	RAG
1. THEORY - Hazards in the kitchen. PRACTICAL – Fruit Salad using the bridge and claw holds	Bridge & Claw	
2. THEORY – Learning how to use the hob/oven/grill safely PRACTICAL- Toasties using the hob	Using the grill Bridge & Claw	
3. THEORY – 4c's of food safety PRACTICAL- Pizza scones	Weighing & Measuring Rubbing in method	
4. ASSESSMENT 1 PRACTICAL - Fruit crumble using the rubbing-in method. EVALUATE: Self reflect – how could I improve next time.	Rubbing in method Using the oven	
5. THEORY - Food poisoning PRACTICAL – Pasta Bake	Bridge & Claw Using the hob	
6. ASSESSMENT 2 THEORY – 10-minute knowledge test PRACTICAL – Chocolate muffins	Portion control Using the oven	

Key vocabulary

Bridge	Burn	Bacteria	Oven	Grill	Cross contamination	Salmonella	Rubbing in method
Claw	Blue Plaster	Germs	Food poisoning	Hob	Oven gloves	Cleaning	Coagulation

How will this help you in the future?

Year 9	GCSE	CAREERS
Can work more independently and confidently without constant reminders. Focus on more complex dishes and presentation, instead of basic skills	KS4 - This unit will help me at KS4 by giving me the basic cooking and food safety skills needed for GCSE Food & Nutrition.	Beyond LHS - It will also help me after Lode Heath because I'll know how to cook safely and prepare healthy meals for everyday life.