

Food Preparation and Nutrition

Year 7

Learning Objectives

Students will learn about:

- Kitchen rules and food safety
- The Eatwell guide
- Macro nutrients
- Food waste and packaging
- Marketing influences

In practical students will learn to use the microwave, gas hob, grill and oven; learn knife skills, preparation of food, cleaning and tidying equipment and how to cook the following recipes:

- Cous Cous salad
- Pizza Toasties
- Omelette
- Apple Crumble
- Chicken tikka Pockets
- Rock Cakes
- Bread Plait
- Tomato Pasta
- Cup cakes

What previous knowledge is required?

Students enter KS3 with some prior cooking and nutrition knowledge, however, experience is very varied in this subject. There are differences in knowledge learnt at primary schools and students have a range of experience cooking at home. The aim is to develop students' practical knowledge and their understanding of nutrition by the end of this rotation.

How will this term's content help with future learning?

The knowledge learnt in year 7 Cooking and Nutrition will help to inform the food rotations in year 8 and 9. Students will also use theory knowledge and the practical skills they learnt, throughout KS4, in both their NEA work and exam content.

Common Misconceptions

Timings of cooking are always difficult for students, and they often need validation their food is cooked. Students will develop understanding of their final products through practice and experience.

The difference between a grill and an oven.

Some students will need support with washing up, cleaning and tidying away as this will be a new skill.

National Curriculum / Specification

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients