




| Y7 Food Preparation & Nutrition | Unit Navigation | | | | |
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| In this rotation you will study food safety, hygiene and an introduction to healthy eating, nutrition, and food science. The aims are as follows: LG1: Knowledge LG2: Application LG3: Skills | Assessment Grades | 1 to 5 | | | |
| | Making Skills | | 11 practical assessments | | |
| | Food Science – protein denaturation | | Egg white experiment | | |
| | Nutrition Knowledge - vitamins/minerals/protein | | End of rotation test | | |
| Themes | Learning Goals/Outcomes/Content | |  |  |  |
| 1. Kitchen Safety and Hygiene | LG1: to know the hygiene and safety hazards in the food room and know how to prevent them. LG2: to apply food hygiene and safety knowledge to create a poster that could be displayed in the food room. | | | | |
| 2. 4 Cs of food hygiene | LG1: to understand and explain the 4Cs of food hygiene are. | | | | |
| 3. Kitchen Equipment | LG1: to understand the function of different pieces of kitchen equipment. LG2: to identify hazards when using certain pieces of kitchen equipment and apply this knowledge when doing practical work/washing up | | | | |
| 4. Fruit Salad Prac | LG3: Demonstrate bridge and claw grip skills when cutting fruits LG3: Demonstrate high levels of safety and hygiene when making. | | | | |
| 5. Washing up | LG1: to understand how to wash up in a hygienic and organised way. LG2: to explain the washing up routine, using key vocabulary. LG3: to demonstrate how to wash up in a team, ensuring high levels of safety and hygiene | | | | |
| 6. Rainbow cous cous prac | LG3: to demonstrate excellent knife skills to cut vegetables into uniform sizes to make a rainbow cous cous. LG3: to demonstrate high levels of safety when using a kettle. | | | | |
| 7. Eatwell Guide | LG1: to understand the reasons why the Eatwell Guide is important LG2: to annotate an Eatwell Guide accurately LG2: to analyse own diet to compare with the Eatwell Guide and suggest improvements | | | | |
| 8. Pitta Pocket Pizza Prac | LG3: Demonstrate safe use of the grill to make a high-quality pitta, pocket pizza | | | | |
| 9. Weighing and measuring | LG1: to understand which pieces of equipment are used to weigh and measure accurately. LG3: Apply understanding of weighing and measuring to carry out practical tasks (rice weighting and milkshake making) | | | | |
| 10. Smoothie Practical | LG3: Use electrical equipment safely to make a healthy smoothie (blender). LG2: Use knowledge of Eatwell Guide and safety and hygiene to evaluate practical work | | | | |
| 11. Food Science – denaturation and coagulation assessment | LG1 – explain how protein can be denatured in 3 different ways. LG2 – apply knowledge of physical and chemical properties of protein to complete the ‘egg white experiment’ | | | | |
| 12. Berry Muffins Prac | LG3 – Use an oven safely to make high quality berry muffins LG2 – explain the effects of chemical raising agent to make a muffin | | | | |
| 13. Evaluations | LG2 – using knowledge of Eatwell Guide, evaluate 3 practicals, listing skills and H&S points for each product LG2 – Compare their own diet to the Eatwell Guide and suggest improvements. | | | | |

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| 14. Koftas Practical | LG3 – use food processor to make high quality koftas LG3 – using knowledge of food safety and hygiene, handle high risk food (meat) correctly to minimise cross contamination risk | | | |
| 15. Yoghurt Product Analysis | LG1 – compare 2 commercial yoghurts for sensory and nutritional qualities. LG2 – apply knowledge of healthy eating to make suggestions to develop yoghurt | | | |
| 16. Seasonal Fruit Crumble | LG3 – demonstrate rubbing in method to make a seasonal fruit crumble | | | |
| 17. Food labelling and traffic light system | LG1 – explain which pieces of information are required by law on a food label. LG2 – using knowledge of food labelling, design a label that could be used on their berry muffin or rainbow cous cous product. | | | |
| 18. Posh Fish Fingers Practical | LG3 – use pané technique to make high quality fish fingers. LG2 – apply previous knowledge, design a new fish product aimed at young children | | | |
| 19. Sauté Veg Soup Practical | LG3 – use a blender to make a smooth vegetable soup https://www.bbcgoodfood.com/recipes/versatile-veg-soup | | | |
| 20. Pea and Mint Falafel Practical | LG3 – use alternative protein to make a nutritious falafel | | | |
| 21. Egg Frittata Practical | LG3 – use knowledge of protein coagulation to make a high-quality frittata | | | |
| 22. End of Rotation Test | Final page in booklet – Test on Nutrition Knowledge - peer assessed | | | |

Links:

LG1: Knowledge of food science and nutrition prepares students for demands of GCSE course

LG2: Application of knowledge is needed for NEA1 and NEA2 at GCSE level

LG3: Development of high-level practical skills is a core requirement for GCSE and beyond.