



Curriculum Overview for Food Preparation and Nutrition Year 7

Term 2: Food around the World (India)	<div data-bbox="828 483 940 591" data-label="Image"> </div> <p>Teachers lead by example. Teachers read from the board but will also encourage pupils to read aloud to the class.</p> <p>Syllabification of key words.</p> <p>Pupils will analyse a variety of text sources.</p>	
Substantive Knowledge:	<div data-bbox="831 822 932 909" data-label="Image"> </div> <p>Regional cuisine Staple ingredients Masala Spice blending Absorption method Biryani Jeera rice Fermentation Leavening Paneer Dal Kachumber Curry Eatwell Guide Cross-contamination Hygiene</p>	
<ul style="list-style-type: none"> • Ingredients: Staples like rice, lentils, and spices (e.g., turmeric, cumin, cardamom). Understanding the nutritional and flavour contributions of each ingredient, including their cultural and historical significance in Indian cuisine. • Cooking Techniques: Preparing masalas, rice dishes, naan bread, and curries. Exploring how different techniques (e.g., roasting, grinding, frying) affect the flavour profile and texture of Indian dishes. • Healthy Eating Principles: Applying the Eatwell Guide to Indian cuisine. Evaluating the balance of macronutrients in traditional dishes and ways to modify recipes to include more fibre and less saturated fat. • Food Safety: Best practices for handling raw ingredients and spices. Emphasis on avoiding cross-contamination, proper storage of perishable and non-perishable items, and awareness of allergen handling in spices and common ingredients. 	<div data-bbox="836 1382 932 1500" data-label="Image"> </div> <p>Assessment at the end of the unit made up of short answer and long answer questions. Collect scores from formative assessments in the classroom – multiple choice questions, low stakes. Completion of an extended piece of writing throughout the unit.</p>	
	<div data-bbox="823 1747 943 1850" data-label="Image"> </div> <p>Homework booklet with tasks every week</p>	
Disciplinary Knowledge:	<ul style="list-style-type: none"> • Health and Safety: Mastery of hygiene and safety protocols, proper equipment use. • Cooking Techniques: Proficiency in basic and advanced cooking methods, ingredient handling. • Recipe Execution: Accuracy in following recipes, consistent preparation standards. 	



<ul style="list-style-type: none"> ● Sensory Analysis: Conducting and articulating sensory evaluations. ● Nutrition: Applying principles of the Eatwell Guide, understanding nutritional benefits. ● Evaluation: Critical self-assessment, peer feedback, continuous improvement. ● Research: Conducting culinary research, investigating food properties. ● Presentation: Creative design, effective visual presentations. ● Organization: Planning and managing cooking projects. ● Collaboration: Effective teamwork and communication. ● Assessment: Ongoing assessment and tracking of progress. 		
---	--	--