



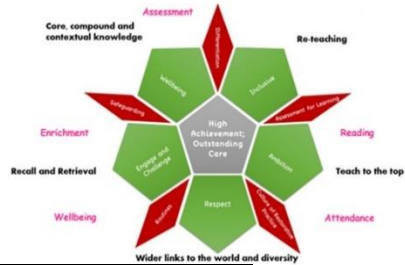


## Curriculum Overview for Food Preparation and Nutrition Year 7

<b>Term 1: Food around the World (Italy )</b>		
<p><b>Substantive Knowledge</b></p> <ul style="list-style-type: none"> <li>• Baseline test, health &amp; safety, equipment uses</li> <li>• Presentation skills &amp; basic kitchen techniques</li> <li>• Sensory analysis &amp; knife skills (fruit salad)</li> <li>• Accuracy in food prep (bruschetta)</li> <li>• Eatwell Guide &amp; balanced diet</li> <li>• Advanced cooking skills (Bridge &amp; Claw, hob use)</li> <li>• Properties of food materials (raising agents in scones)</li> <li>• Research &amp; creative presentation (Italian cuisine mood boards)</li> <li>• Pizza design &amp; nutrition (Eatwell focus)</li> <li>• Final practical &amp; evaluation (scone-based pizzas)</li> </ul>	 <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>	
	 <ul style="list-style-type: none"> <li>• Hygiene</li> <li>• Weighing and Measuring</li> <li>• Cross Contamination</li> <li>• Equipment names</li> <li>• Health and Safety</li> <li>• Enzymic Browning</li> <li>• Bridge and Claw</li> <li>• Eatwell guide and Nutrition</li> </ul>	
<p><b>Disciplinary Knowledge</b></p> <ul style="list-style-type: none"> <li>• Health &amp; safety: hygiene, safe equipment use</li> <li>• Cooking techniques: basic → advanced, ingredient handling</li> <li>• Recipe execution: accuracy, consistency</li> <li>• Sensory analysis: conducting &amp; explaining evaluations</li> <li>• Nutrition: applying Eatwell principles</li> <li>• Evaluation: self-assessment &amp; peer feedback</li> <li>• Research: culinary investigation, food properties</li> <li>• Presentation: creative design &amp; visuals</li> <li>• Organisation: planning &amp; managing cooking projects</li> <li>• Collaboration: teamwork &amp; communication</li> <li>• Assessment: ongoing progress tracking</li> </ul>	 <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.</p> <p>Completion of an extended piece of writing throughout the unit.</p>	
	 <p>Homework booklet with tasks every week</p>	



--	--	--