

# Food



# Year 7 Curriculum Map



## Year 7 - Food

<b>Prior Learning</b>	<p>The key stage 2 food curriculum stipulates that pupils should develop an understanding, and apply the principles of a healthy and varied diet. Pupils should learn to prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques, and should understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. We do not presume that all of the pupils have had this curriculum diet at Primary school. A baseline test which we carry out at the start of year 7 allows us to establish prior knowledge and inform our teaching going forward. The key stage 2 curriculum (skills and knowledge) links into the questions we ask on the baseline test which is online in Microsoft Forms.</p>
<b>What will I learn?</b>	<p>Pupils will learn how to work safely, demonstrating good food hygiene practices when preparing, storing and cooking food. Knife skills will be developed, as will their understanding of basic recipes. Pupils will develop an understanding of the importance of eating healthily, focusing on the recommendations of the Eatwell guide. Pupils will also study the benefits of 'eating the seasons', and learn where their food comes from, in terms of how ingredients are grown, reared or caught. Furthermore, pupils will learn how to reduce food waste, eat wisely, and make good food choices. Sensory analysis is also introduced on a basic level as pupils learn how to evaluate foods.</p>
<b>How will I be assessed?</b>	<p>A baseline test at the start of year 7 gives us a starting point, and also helps us identify primary school gaps in the curriculum – this in turn informs our teaching during the year 7 course. Formative assessments are included throughout the module and these will include peer assessments, verbal assessments of practical outcomes, low stakes testing and question and answer. A summative test at the end of the module will be completed online on Microsoft Forms.</p>
<b>Next Steps</b>	<p>The fundamental learning opportunities, outlined above, underpin the whole of the KS3 curriculum in food. Each year pupils will add to the knowledge already gained in terms of: food preparation and cooking, planning, making and evaluating food, promoting and applying nutrition, applying aspects of consumer awareness, and implementing good food safety and hygiene.</p>
<b>Opportunities for Independent Learning</b>	<p>Our department has a strong focus and drive to develop independent learners and promote high standards of achievement through making and evaluating dishes. Food encourages pupils to think differently, giving them the ability to work collaboratively and innovatively. As a subject, we aim to promote successful, independent learners, who make excellent progress through an enjoyment of learning.</p> <p>Websites to promote independent learning in food include:</p> <ul style="list-style-type: none"><li><a href="http://www.foodafactoflife.co.uk">www.foodafactoflife.co.uk</a></li><li><a href="https://www.bbc.co.uk/bitesize/subjects/zdn9jhv">https://www.bbc.co.uk/bitesize/subjects/zdn9jhv</a></li><li><a href="https://www.family-action.org.uk/what-we-do/children-families/change4lifeservice/">https://www.family-action.org.uk/what-we-do/children-families/change4lifeservice/</a></li><li><a href="http://www.fabflour.co.uk">www.fabflour.co.uk</a></li><li><a href="http://www.eattheseasons.co.uk">www.eattheseasons.co.uk</a></li><li><a href="http://www.bbc.com/food/techniques/chopping_vegetables">www.bbc.com/food/techniques/chopping_vegetables</a></li></ul>
<b>Personal Development and CEIAG</b>	<p>Cultural diversity: Pupils will learn how multiculturalism has had an impact on availability of ingredients, food choice and recipes.</p> <p>Physical health: Pupils study the impact of a poor diet on health, portion sizes and long-term health issues.</p> <p>Personal development: pupils learn how to make a repertoire of predominantly savoury dishes to cook through life.</p>

	<p>The occupation of the Environmental Health Officer is studied, and pupils are also given the opportunity to see how food is produced in a factory on a large scale.</p>
<b>Enrichment Opportunities (Cultural Capital)</b>	<p>There are countless food focused media across all platforms. Some suitable shows that will enhance your cookery skills include:</p> <ul style="list-style-type: none"><li>• The Great British Menu</li><li>• MasterChef</li><li>• The Great British Bake Off</li><li>• BBC Food Network</li></ul> <p>The following websites will also enrich your curriculum knowledge:</p> <p><a href="http://www.foodafactoflife.co.uk">www.foodafactoflife.co.uk</a> (careers in food, recipes and reinforcement of nutritional learning)</p> <p><a href="https://www.bbc.co.uk/food">https://www.bbc.co.uk/food</a></p> <p><a href="http://www.jamieshomecookingskills.com">www.jamieshomecookingskills.com</a></p> <p><a href="http://www.lovefoodhatewaste.com">www.lovefoodhatewaste.com</a></p> <p><a href="http://www.bbcgoodfood.com/recipes/category/cuisines">www.bbcgoodfood.com/recipes/category/cuisines</a></p> <p><a href="http://www.bbc.co.uk/religion/religions">www.bbc.co.uk/religion/religions</a></p> <p><a href="http://www.nhs.uk/live-well/eat-well/5-a-day-what-counts">www.nhs.uk/live-well/eat-well/5-a-day-what-counts</a></p>