



Food year 7 Curriculum and Assessment Map

Year 7 Healthy Living	HT1	HT2	HT3	HT4	HT5	HT6
Year 7	Food and kitchen safety	Food Provenance	Dietary Guidelines	Food and Nutrients	Food science with skills	Healthy living
Fundamental Knowledge	Knowledge of health and safety 4Cs for good health, what is a hazard, consequence and prevention, Hygiene and safety rules of working in a kitchen including dress code, washing up Using equipment and understanding the risks	To understand the process of farm to fork, where food comes from including seasonality and sustainability including how to reduce food waste	Why do we eat food? Outline of dietary recommendations – Eatwell guide, Change for life, 5 a day, 8 top tips Food labelling and how to read them	Macronutrients - protein, fat and carbohydrate functions and sources Micronutrients - protein, fat and carbohydrate functions and sources Cooking methods.	Knife skills – Dicing an onion Cooking methods – poaching Cooking methods – Rubbing in Cooking methods-creaming/ all in one	Adapting diets and modifying recipes Scaling up and down recipes
Learning Checkpoint Tasks	Explanation of the 4Cs in relation to food safety	Explain the principles of the 6rs in relation to sustainability	Design a packed lunch that follows dietary guidelines	Explain the importance of a healthy balanced diet	Practical checkpoint -	Adapt a recipe to meet the needs of...
Common Assessment Task	TA1 trust paper/ practical (40 marks total) TA2 TGSA paper and practical (40 marks total)					
Mock Exam (if applicable)	n/a					
Interleaved Knowledge	Students will have some knowledge of healthy eating recommendations from KS1/ KS2 and also PSHE. They will have be able to apply some practical knowledge through the form of using the oven and following basic hygiene rules such as preparing to cook, aprons, hand wash etc. This will link in with the learning taking place in year 8 where each of the fundamentals will be embedded through the medium of food commodities.					

