



## Year 7 Food Learning Journey

Autumn 1 – Food and Kitchen safety

Core knowledge	Reference number
Introduction, classroom expectations, routines and baseline test.	
Can I identify hygiene and safety rules of the food room (4CS)	
<b>Fruit fusion</b> – baseline practical – can I use the bridge and claw to prepare a range of fruits and vegetables	
Can I name piece of kitchen equipment and their uses	
Using the cooker – can I use the cooker confidently to make a dish ( <b>dippy eggs</b> ) – hob	
Can I explain how to keep food safe and free from contamination or poisoning	
<b>Pizza toast</b> - Can I select the correct equipment to prepare a dish and cook it under the grill	

### Learning Checkpoints

Learning checkpoint title
Explanation of the 4Cs in relation to health and safety

Key Vocabulary
Cooking, cleaning, chilling, cross contamination, hazard, prevention, danger zone, binary fission, sanitise, disinfect, hygiene, safety, bridge, claw, sieve, colander, measuring, boiling, Danger zone,