



Year 7 Food Learning Journey

HT3 Dietary Guidelines

Core knowledge	Reference number
Why do we eat food and why does the body need it?	
What is the Eatwell guide and why is it followed?	
FPT Omelette with toppings	
What are the 8 top tips for good health?	
FPT- healthy breakfast product – granola bar .	
Ready Steady Cook – Practical Checkpoint	
Food labelling	
Designer packaging	

Learning Checkpoint

Learning checkpoint titles
Practical checkpoint – Ready steady cook

Key Vocabulary
Mandatory, use by date, best before date, Eatwell, recommendations, reference intake, healthy diet, traffic light label, energy needs.