



Year 7 Food Learning Journey

HT5 Food science and skills

Core knowledge	Reference number
What are the different methods of heat transfer and how are they used?	
What are the different methods of cooking and what foods use each one?	
FPT Dicing an onion - French onion soup	
Cooking methods poaching – Can use the poaching method to cook a food – poached egg on toast	
cooking methods – All in one, creaming, rubbing in.	
Cakes – Can I use my cooking methods to make a cake – Dutch apple cake – Practical checkpoint	
Quiz of key terms and vocabulary	

Learning Checkpoint

Learning checkpoint titles
Practical checkpoint – skills check

Key Vocabulary
Dicing, Rubbing in, poaching, simmering, dicing, creaming, all In one, aeration, conduction, convection, radiation.