

# Food and Nutrition – Our Food Journey

## Year 7 2023/24



Introduction to routines and practices

Veg Cuts  
Fruit Fusion  
Pizza Toasts  
Mug cake  
Carrot Cake Muffins  
Spaghetti Snack

Food Hygiene and Food Safety

Burgers

Celebration practical -  
Chocolate Log

Chicken goujons

Half term 1

Half term 2

Half term 3

Half term 4

Half term 5

Half term 6

Year 8

Knife Skills  
Sensory Evaluation

Weighing and measuring

Microwaves

Where food comes from

Temperature control  
Food poisoning  
bacteria

Nutrition - Carbohydrates

Pancakes

Ratatouille

Fajitas

Pasta bake

Aloo Ghobi

The Eatwell Guide



Hospitality & Catering Industry

Pasta

Potatoes

Sugar

Bolognese

Frittata/Quiche

Cheesecakes

Crawshaw the Caterpillar

Scones

Celebration practical -  
Easter nests

Nutrition - Protein

Cheese

The Kitchen Brigade

Palmiers



EXCELLENCE • PURPOSE • AMBITION