

Year 7 Food and Nutrition

SUBJECT:	Food and Nutrition
YEAR GROUP	Year 7
Term	Curriculum content
Autumn term – half term 1	Basic Skills – Introduction to the key skills for cooking and food preparation. Eat well plate and nutrition.
Autumn term – half term 2	Basic Skills – Using the basic food preparation skills to make complete dishes such as Rainbow Couscous and Fruit Fusion. Christmas themed Practical session.
Spring term – half term 1	Building skills – developing nutritional understanding and preparation skills to create dishes such as Snack on Toast.
Spring term – half term 2	Building skills continued – investigating foods and their functions to create a range of healthy alternatives to everyday favourites including things like chicken nuggets and fish fingers.
Summer term – half term 1	Building Skills Continued.
Summer term – half term 2	Design a dish – Using all of the skills learnt throughout the year to design and make a dish of their own design.