

# Food and Nutrition – Our Food Journey

## Year 7 2024/25



Introduction to routines and practices

Hospitality & Catering Industry



Veg Cuts

Fruit Fusion



Pizza Toasts



The Kitchen Brigade



Deli Salad

The Eatwell Guide



Half term 1

Half term 2

Food Hygiene and Food Safety

Burgers

Temperature control

Fajitas

Food poisoning bacteria



House competition - Celebration practical

Half term 3

Eatwell Guide – Yellow section: Carbohydrates

Breakfast Muffins



Pasta bake

Spaghetti Snack

Breadsticks

Eatwell Guide – Pink Section: Protein



Chicken goujons

Half term 4

Sugar



Pasta

Bread



Frittata/Quiche



Eatwell Guide – Blue Section: Dairy

Cheese

Milk & dairy alternatives  
Yogurt

Eatwell Guide – Green Section: Fruit and Vegetables

Seasonality

Where food comes from



Highlight in green when you have completed the practical work.

Half term 5

Half term 6

Year 8

Cheese scones



Gelatinisation

Macaroni Cheese

Yogurt comparison

Fruit Crumble



Aloo Ghobi

Stir fry



EXCELLENCE • PURPOSE • AMBITION