

Curriculum Map	Subject	Food	Year	7
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Unit	Summary	Skills	Assessment	British Values and SMSC	Career links	Cross-curricular links
Health and Safety/Food Hygiene	Students must be aware of the risks and hazards of the food room as well as basic food hygiene. They will learn and improve practical skills when using different cooking utensils and parts of the cooker.	1 2 6 7 8 9 19 20	Practical assessment in different dishes whilst using different parts of the cooker safely. Pancakes Rock cakes Pizza toast Muffins	Respecting personal space and foods from different cultures.	CLEAPPS Health Inspector Catering opportunities	Science – Risk assessments for experiments DT – practical room
Eatwell guide and healthy eating	Students understand the principles of the Eatwell guide whilst understanding how different nutrients impact the body.	1 2 3 5 6 7 8 12 16 17 18 19 20	Practical assessments on the different ingredients suggest use to create their dishes. Fruit salad Vegetable cous cous Soup Chickpea and spinach curry	Lifestyle choice and how health impacts on quality of life.	Nutritionist Dietician Catering opportunities	Science – Healthy Eating PE – Nutrition

Skills reference - 1 - Knife Skills 2 - Prepare fruits and vegetables 3 - Prepare, combine and shape 4 - Tenderise and marinade 5 - Select and adjust a cooking process 6 - Weigh and measure 7 - Preparation of ingredients and equipment 8 - Use of equipment 9 - Water based methods using the hob 10 - Dry heat and fat based methods using the hob 11 - Using the grill 12 - Using the oven 13 - Make sauces 14 - Set a mixture - removal of heat (gelation) 15 - Set a mixture - heating (coagulation) 16 - Use of raising agents 17 - Make a dough 18 - Shaping and finishing a dough 19 - Test for readiness 20 - Judge and manipulate sensory properties