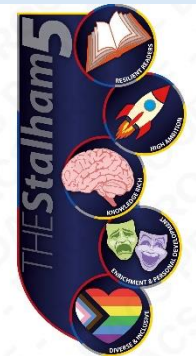












































Stalham High School - Subject Curriculum Overview

Subject: Food and Nutrition

Year:7

Half -Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Themes/ Content/ Units covered 	<p>Students working together in the kitchen with new partners and as a team </p> <p>Analysing how cross contamination works and suggesting how it impacts on our cooking and cleaning at home   </p> <p>Learning basic health and safety in the kitchen </p>	<p>Safely using large pieces of kitchen equipment independently  </p> <p>Trying foods for the first time or trying something that I don't like </p> <p>Reading recipe instructions   </p> <p>Independent use of knowledge organisers to build memory and recall   </p>	<p>Taking responsibility for a table and becoming a head chef  </p> <p>Eating together in a social environment   </p> <p>Learning about key food science terms through practical work such as coagulation and dextrinization </p> <p>Learning about energy and the five key nutrients  </p>	<p>Learning about healthy eating and how to apply it at home and to our own diets </p> <p>Using memory and recall and applying theory knowledge independently in an assessment  </p> <p>Learning key techniques (rubbing-in method) by independently making scones    </p>	<p>Learning about re-using food and reducing food wastage </p> <p>How to budget when food shopping </p> <p>Learning and applying the all-in-one technique to a batch product    </p>	<p>Learning about processed and ultra-processed foods and their impact on our health </p> <p>Independently preparing and cooking raw meat items   </p> <p>Learning about key temperatures for bacterial development and storing food safely at home </p>