

High Tunstall College of Science Curriculum Intent

Subject: Food & Nutrition Year: 7 Half term: 1



Topic: Introduction to Food safety and hygiene, nutrients and a range of cookery skills

Food and Nutrition		Progress		
Topic	Key ideas	R	A	G
Food safety and hygiene, Nutrients and cookery skills	I can describe why food safety and hygiene is important when working in the food kitchen (i.e. routines in place?)			
	I can explain the 4 key nutrients and their functions for the body			
	I can demonstrate excellent and safe knife skills using the bridge and claw hold			
	I can demonstrate confidently a range of practical skills i.e. kneading, shaping, glazing, frying, simmering, reducing, weighing and rubbing in,			
	I can describe and explain functions of ingredients (why they are used and what they do)			
	I can identify and discuss a range of social, moral, cultural and environmental issues that are linked within the food industry			
	I can explain the emulsification and dextrinization process			

Lesson	Learning Focus	Assessment	Key Words
1 & 2	Why is food safety and hygiene important? Which safe holds of foods do you use when using a sharp knife?	ILO: 4 tasks available to complete (one per week)	Bridge, Claw, Pasta, Healthy, Balanced diet
3 & 4	What are the nutrients within the Eat well Guide? What are their functions?	Formative questioning and green pen	Carbohydrates, Protein, Vitamins and Minerals, Unsaturated fats and Saturated fats
5 & 6	What are the functions of strong plain flour and yeast? Can you explain the function of kneading and gluten?	Formative questioning and green pen	Bulk and structure, stretchy, elasticated, release CO2, kneading
7 & 8	What are the origins of pizza? What variety of styles can be created? Can you explain food miles, locally sourced produce, Fairtrade, special dietary requirements and organic?	Starter Activity— intensive farming vs Free range. Formative questioning and green pen . Socratic test.	Calzone, thin crust, stuffed crust, Italy, food miles, locally produced and sourced, Fairtrade, coeliac, lactose intolerant, vegan and vegetarian, organic.
9 & 10	Can you explain the process of emulsification? Which ingredient stabilises a water and an oil ingredient?	Formative questioning and green pen	Muffins, weighing, emulsification, hydrophobic, hydrophilic , dextrinization
11 & 12	What does the 'browning' technique mean? Can you explain what reducing a sauce means?	Formative questioning and green pen	Frying, browning, simmering, reducing, knife skills