

High Tunstall College of Science Curriculum Intent

Subject: Food & Nutrition Year: 7



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

	Food and Nutrition	Progress		
Topic	Key ideas	R	A	G
Functions of Ingredients and cookery skills (Baked products)	I can demonstrate good food safety and hygiene practice and know why it is important when working in the food kitchen (i.e. routines in place?)			
	I can demonstrate confidently a range of practical skills i.e. melting method, rubbing-in, shaping, baking.			
	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	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
2	Can you explain food miles, locally sourced produce, Fairtrade, special dietary requirements and organic?	Formative questioning	Food miles, locally produced and sourced, Fairtrade, Organic
3 & 4	Can you explain the functions of ingredients (sugar, syrup, oats) within a flapjack? Can you suggest changes and adaptations to the recipe considering special dietary requirements? Can you successfully use the melting method to produce a high quality outcome?	Formative questioning, Green pen	Melting method, sugar, syrup, combine, Carbohydrate, dextrinization, energy, dietary requirements, adaptation.
5 & 6	Can you explain the functions of ingredients (fat) in shortbread biscuits? Can you explain the shortening effect? Can you demonstrate quality control while making your product?	Formative questioning	Rubbing in, shortening, baking, enrobing, quality control, shape size, dextrinization.
7	Assessment and feedback—can you demonstrate your knowledge of key terms within food, can you explain functions of ingredients and cookery methods.	Assessment and feedback	