



Year 7 Food Tech Curriculum Plan Overview - JWh

Year 7				
Term	Topic	Learning	How can parents' best support	Key vocabulary
Autumn 1	Breakfasts	Kitchen Safety Preferences - appropriate portrayal Teamwork in the kitchen Hob Safety	Talk about safety rules at home and your expectations of your child in the kitchen. Work together to prepare a family breakfast at the weekend. Ask your child to set the table for breakfast.	Preference Safety Hygiene Hand washing Surfaces Disinfectant Germs Chop Choice Popular Healthy Unhealthy
Assessment:				
Autumn 2	Snacks	Kitchen Safety Oven Safety Teamwork in the kitchen	Practice preparing snacks or helping with meal preparation at home. Discuss your child's preferences and those of family members.	Seasonal Light Tasty Portion Preference Bias Advertisement Appeal
Assessment:				
Spring 1	Lunches	Students will be planning, budgeting, preparing and serving a three course meal for parents in January, alongside preparation of various lunch meals. Teamwork in the kitchen	We can't wait to see you at our student meal - all made from scratch! Please liaise with us around the menu and save the date!	Plan Budget Prepare Serve cook Portion Group Numbers Lunch Midday

			Please encourage independence when shopping including following a list, handling money and paying for items	
Assessment:				
Spring 2	Healthy Snacks	Prepare a variety of healthy snacks, considering alternatives and the benefits of healthy choices. Kitchen Safety. Teamwork in the kitchen.	Discuss with your child the alternative healthy choices to some of their favourite snacks! You may look at https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/ to see healthy, balanced diet information.	Dab Brush Roll Slice Oven Taste Evaluate Chop Balanced Diet
Assessment:				
Summer 1	Dinner/Tea	Develop their cutting, slicing and dicing skills this term using a variety of techniques. Hob and Oven safety. Teamwork in the kitchen.	Work with your child in the kitchen allowing them to explore their independence and using sharp knives/scissors safely at home. Talk to your child about what they are making in school and repeat some of the recipes at home. Ask your child to help prepare and cook dinner one or two evenings a week - the self pride in these activities is really rewarding.	Boiling Soften Hob safety Slicing Knife safety Cutting Season Stir Chop Slice Test
Assessment:				
Summer 2	Desserts	Preparing desserts, considering appeal and presentation. Hob and Oven safety. Teamwork in the kitchen.	When choosing desserts in a shop or restaurant, ask your child to consider what makes them appeal? How do the chefs create that presentation? Could you make the same? Help your child to source a recipe and prepare a tasty dessert together!	Bake Oven Safety Mix Fold Pour Rise Browning Set Mix

				Pour Press Appeal Presentation Preference
Assessment:				