



Marshall's Park Academy - Curriculum Overview



Subject: Food Preparation and Nutrition Year Group: 7 Curriculum/Subject Leader: Mrs K Webb

Aim of Year 7 Scheme of Work: The aim of this scheme of work is to enable students to develop basic culinary skills and a basic understanding of nutrition and healthy eating principles so that they can build confidence when working in the kitchen to plan, prepare and make a range of balanced food products. They will follow health and safety rules and standard procedures to ensure that the food room is a clean and safe environment. They will learn how to use and demonstrate safe use of key equipment; knife, peeler, hob, grill, oven and apply these skills to make a range of products. Students will also evaluate products using the five senses and suggest improvements.

TERM 1	TERM 2	TERM 3
Key topic 1: Hazards in the food room • Personal hygiene • Accident prevention • Cross contamination Key topic 2: Basic knife skills – Rainbow Wraps Practical • Bridge and claw method • Peel • Grate Key topic 3: Functions of the cooker • Safe use of the grill • Pizza toast practical Key topic 4: Eatwell Guide • Food groups • Balanced diets • Government dietary guidelines • Function of ingredients • Food labelling • Pasta salad Practical	Key topic 5: Commodity Study - Eggs • Provenance • Structure • Food safety and Storage • Functional properties • Nutritional content • Pancakes practical Key topic 6: Technical Study - Cake Making • Following a recipe • Accurate weighing and measuring • Rubbing in method • Cheese scones practical • Fruit crumble practical • Creaming method • Cupcake practical	Key topic 7: End of Year Assessment Project • Research, plan and make a healthy snack food suitable for teenagers.
KEY ASSESSMENTS	KEY ASSESSMENTS	KEY ASSESSMENTS
HALF TERM 1 Rainbow Wraps practical	HALF TERM 3 Pasta Salad practical.	HALF TERM 5; End of year practical assessment. Students will research, plan, make and evaluate a healthy snack food suitable for teenagers.
HALF TERM 2 Pizza toast practical Term 1 written assessment.	Half term 4 Term 1 and term 2 written assessment.	HALF TERM 6 End of year written assessment.