

Food technology department year 7 scheme of work

National curriculum: https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study#cooking-and-nutrition				
Term	Title	Unit content	Key vocabulary	Resource links:
Autumn 1	5 a day <ul style="list-style-type: none"> • Fruit fusion • Couscous salad • Pizza toast • Rock cakes • Tropical granola bars 	Key knowledge taught: <ul style="list-style-type: none"> • Introduction to food room • Health and Safety rules and expectations • The four C's of Food Hygiene • Personal hygiene • Knife skills (Bridge and claw) • Cross contamination • Key temperatures Key skills developed: <ul style="list-style-type: none"> • How to use a knife safely • Peeling • How to wash up • How to use a kettle, hob, oven and grill • Weighing & measuring • Grating • Melting • Rubbing in 	<ul style="list-style-type: none"> • Cooking • Chilling • Cross contamination • Cleaning • Bacteria • The danger zone • Safety • Hygiene • Binary fission • Vitamins • Minerals 	
Autumn 2	Baking skills <ul style="list-style-type: none"> • Apple crumble • Dutch apple cake • Mini Carrot cakes • Cheese straws • Cheese and Courgette scones 	Key knowledge taught: <ul style="list-style-type: none"> • Raising agents • Functions of eggs • Baking in batches • Even baking and colour • Carbohydrate's function 	<ul style="list-style-type: none"> • Batches • Carbohydrates • The Eatwell plate • 5 a day • Energy • Vitamins 	

		<p>Key skills developed:</p> <ul style="list-style-type: none"> • Rubbing in • Creaming • Dividing a mixture • Rolling • Greasing • Lining • Whisking • Folding • Using an oven • Weighing • Measuring • Simmering • Grating • Preheating an oven • Using an oven safely 		
Spring 1	<p>Diary</p> <ul style="list-style-type: none"> • Croque monsieur • Scone based Pizza • Cheese & onion pastie • Tomato and cheese tart • Quiche • Valentine cookie 	<p>Key knowledge taught:</p> <ul style="list-style-type: none"> • Properties of eggs • How cheese is made • Function of flour • Free range vs caged • Function of butter • Different types of pastry • Gelatinisation • Coagulation <p>Key skills developed:</p> <ul style="list-style-type: none"> • Roux sauce • Simmering • Rubbing in • Pastry making • Shaping and handling pastry 	<ul style="list-style-type: none"> • Protein • Growth and repair • Welfare of animals • Gelatinisation • Coagulation • Dairy • Fat • Energy • Pastry 	

		<ul style="list-style-type: none"> • Dicing an onion • Constructing multilayered dishes 		
Spring 2	<p>Grow your own</p> <ul style="list-style-type: none"> • Planting seeds / weeding and maintenance • Assessment • Planting seeds • weeding and maintenance • Planting seeds • weeding and maintenance 	<p>Key knowledge taught:</p> <ul style="list-style-type: none"> • Types of soil • Importance of growing your own food • Environmental benefits • Composting • Pollination and bees' roles • How to prepare soil for sewing <p>Key skills developed:</p> <ul style="list-style-type: none"> • Sewing • Digging • Watering • Feeding • Weeding • Nurturing 	<ul style="list-style-type: none"> • Environment • Sustainability • Healthy • Pollination • Wellbeing 	
Summer 1	<p>Protein</p> <ul style="list-style-type: none"> • Spicy bean burger • Tuna pasta bake • Koftas • Chicken nuggets and wedges • Fish stacks • Loaded potato skins 	<p>Key knowledge taught:</p> <ul style="list-style-type: none"> • Different types of protein • Function of protein in the body • Where protein comes from • Function of spices and herbs <p>Key skills developed:</p> <ul style="list-style-type: none"> • Using a food processor • Coating food • Shaping food • Using a griddle • Presentational skills 	<ul style="list-style-type: none"> • Growth and repair • Processed • Fresh • Appearance • Smell • Taste • Texture 	
Summer 2	<p>Home grown cooking</p> <ul style="list-style-type: none"> • Ceasar salad • Courgette and cheese muffins 	<p>Key knowledge taught:</p> <ul style="list-style-type: none"> • How to harvest food • How to prepare vegetables when harvested 	<ul style="list-style-type: none"> • Fresh • Benefits • Health • Vitamin B 	

	<ul style="list-style-type: none">• Broad bean and courgette risotto• Spinach and squash frittata	<ul style="list-style-type: none">• Describing the differences between home grown and shop bought <p>Key skills developed:</p> <ul style="list-style-type: none">• How to make a salad dressing emulsification• Using a griddle• Using an oven• Distributing a mixture• Popping peas from pods• How to cut and prepare butternut squash• Presentaion skills	<ul style="list-style-type: none">• Energy	
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