West Kirby Grammar School

Curriculum Map – Year 7 - Food (2022-23)

Topic name	Term	Skills developed	Link to NC subject content	Next link in curriculum	Other Notes
Safety within the food room	Autumn	• Personal hygiene and safe practice in the food room	• Become competent selecting, storing and using equipment and ingredients	• Reinforced through all practical lessons. • Food contamination	
Healthy eating and nutrition Balanced diet Raising agents	Autumn/ winter	• Knowledge of Eatwell Guide and healthy eating • Nutrient groups and function • Balance of nutrients • Dietary disorders • Learn about chemical raising agents	• Understand and apply the principles of nutrition • Becoming competent in a range of cooking skills • Combining ingredients	• Energy balance • Understanding ingredients from food/nutrient groups • Raising agents - bicarbonate of soda	Practical activities to support theory and promote skills
Sourcing ingredients and food choice	Autumn/ Winter	• Understanding the types of ingredients available and where to source them from. • Making informed choices	• Understand and apply the principles of nutrition • Understanding source, seasonality and ingredients	• Feeding through the life stages • Pastry and seasonality	Practical activities to support theory and promote skills
Multicultural and traditional foods. Where food comes from	Spring	• Understanding the function of ingredients • Learning a basic method of foods preparation • Look at food choice	• Becoming competent in a range of cooking techniques, • Using tools and equipment, • Awareness of taste, texture and smell. • Understand source, seasonality of ingredients	• Reinforced through practical tasks • Meat and eggs research	Practical activities to support theory and promote skills

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Skills – rubbing in method - various practical activities	Spring/ summer	• Altering of ratio and ingredients • Properties of bought pastry • Accurate forming and shaping	• Adapting recipes • Cooking for a varied diet • Becoming competent in a range of cooking techniques	• Reinforced through practical tasks - pastry	Practical activities to support theory and promote skills
Sensory evaluation	Spring/ Summer	• Learn about traditional food products.	• Awareness of taste, texture and smell • Combining ingredients • Adapting recipes • Healthy and varied diet	• Reinforced through practical tasks	