



Year 7 Food & Nutrition Foundations of Food Preparation

Learning about this topic is important because:

- You will develop the knowledge, understanding and practical skills needed to prepare food safely, confidently and independently. Through a carefully planned series of practical lessons, you will learn that successful cooking relies on both good practical techniques and an understanding of the science behind food.
- You will begin by learning how to work safely in the food room before developing core skills such as knife techniques, accurate weighing and measuring, mixing, baking and cooking with confidence. Alongside this, you will explore healthy eating, the Eatwell Guide, food safety, allergens, food labelling, provenance and sustainability, helping you understand not only **how** to cook, but **why** informed food choices matter.
- Throughout the unit, you will be encouraged to reflect on your work, solve problems, improve your practical outcomes and develop increasing independence. These are essential life skills that will help you become a confident cook and support you both in school and beyond.

This builds on: *(Primary school experience of D&T/ Food varies greatly)*

- Primary cooking and food preparation experiences (recognising that previous experience will vary).
- Basic healthy eating knowledge.
- Safe working practices.
- Creativity and problem-solving.
- Communication and teamwork skills.

This leads to:

- Preparing a range of healthy, balanced meals confidently and safely.
- Understanding the relationship between nutrition, food science and successful cooking.

We will learn:

- The principles of food safety, hygiene and safe working practices.
- How to use kitchen equipment safely and accurately.
- The importance of healthy eating and the Eatwell Guide.
- Basic food science including heat transfer, gluten development, yeast, raising agents and food preservation.
- How to prepare a range of predominantly savoury dishes using different cooking techniques.
- Where food comes from, including seasonality, Fairtrade and ethical food production.
- How food labelling supports informed consumer choice.
- ☑ How reducing food waste and choosing seasonal ingredients contributes to a more sustainable future.

We will develop/practise skills including:

- Working safely and hygienically.
- Knife skills using the bridge hold and claw grip.
- Accurate weighing and measuring.
- Preparing fruit, vegetables and poultry safely.
- Chopping, slicing, peeling, rubbing-in, kneading, mixing, simmering and baking.
- Following recipes accurately.
- Evaluating practical outcomes using appropriate technical vocabulary.
- Adapting recipes to improve flavour, presentation and nutritional value.
- Reflecting on practical work and identifying areas for improvement.

Some of the vocabulary that we will use includes:

Nutrition • Eatwell Guide • Hygiene • Cross-contamination • Allergens • Natasha's Law • Food Labelling • Provenance • Sustainability • Fairtrade • Seasonality • Food Waste • Gluten • Yeast • Aeration • Gelatinisation • Carbohydrates • Protein • Fat • Fibre • High-Risk Foods • Temperature Control • Sensory Analysis • Consumer Choice • Red Tractor

You could learn more about this topic by:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
<https://www.food.gov.uk/safety-hygiene>
<https://www.lovefoodhatewaste.com>
<https://www.fairtrade.org.uk/farmers-and-workers/cocoa/>
<https://www.nutrition.org.uk/creating-a-healthy-diet/a-healthy-balance>



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Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are:

Assessment Area	Below/Equals/Above
Work safely and hygienically when preparing food.	B: Requires regular reminders to follow hygiene rules and safe working practices. Uses equipment safely with support. E: Consistently demonstrates good personal hygiene, safe food handling and safe use of equipment throughout practical lessons. A: Works independently, demonstrating excellent food safety, hygiene and organisation whilst explaining the importance of safe working practices.
Demonstrate core food preparation skills.	B: Demonstrates some basic practical skills but requires support to complete tasks accurately. E: Demonstrates accurate knife skills, weighing, measuring and a range of basic cooking techniques with increasing confidence and independence. A: Demonstrates precision, excellent organisation and independence, producing high-quality practical outcomes with consistent accuracy
Understand healthy eating and nutrition.	B: Can identify some food groups and healthy food choices with support. E: Explains the Eatwell Guide and uses nutritional knowledge to make healthier food choices within practical work. A: Justifies recipe adaptations using nutritional knowledge to improve health whilst maintaining flavour, texture and presentation.
Apply food science to practical cooking.	B: Identifies some basic food science concepts but has limited understanding of how they affect cooking. E: Explains how heat, gluten, yeast, raising agents and cooking methods influence successful food preparation. A: Applies food science confidently to justify practical decisions and improve the quality of finished products using appropriate technical vocabulary.
Evaluate practical outcomes and identify improvements.	B: Gives simple comments about finished products but requires support to identify improvements. E: Evaluates practical work using appropriate food vocabulary and identifies realistic improvements. A: Critically evaluates practical outcomes, justifying improvements using technical skill, food science, nutrition, presentation and consumer appeal.