



Topic name	Rotation	Skills developed (Research, Design, Make, Evaluate)	Link to NC subject content	Prior learning	Next link in curriculum
Foundations of Food Preparation	Food & Nutrition	Research & Analysis: Understand food safety, hygiene, allergens, Natasha's Law, the Eatwell Guide, food groups, nutrients and their functions, food provenance, Fairtrade, sustainability, food labelling, Red Tractor assurance, food waste and consumer choice. Research & Design: Select appropriate ingredients and adapt recipes to improve flavour, presentation and nutritional value whilst making informed choices using food labelling and provenance. Make: Demonstrate safe and hygienic working practices whilst developing fundamental practical skills including knife techniques (bridge hold and claw grip), weighing and measuring, preparing fruit, vegetables and poultry, rubbing-in, kneading, mixing, simmering, baking and following recipes accurately. Evaluate: Evaluate practical outcomes using sensory analysis and technical vocabulary, reflecting on strengths and identifying realistic improvements using knowledge of food science, nutrition and presentation.	Become competent in selecting and using a range of ingredients, equipment and cooking techniques safely and hygienically. Understand and apply the principles of healthy eating and nutrition. Prepare a repertoire of predominantly savoury dishes so that they can feed themselves and others a healthy and varied diet. Understand where food comes from, including provenance, seasonality, Fairtrade, sustainability and ethical food production. Develop an understanding of food science through practical cooking, including heat transfer, gluten development, yeast, raising agents and food preservation. Develop awareness of taste, texture, aroma and appearance through sensory evaluation and recipe adaptation.	KS2: Previous cooking and nutrition experiences (recognising that these vary between schools). Basic understanding of healthy eating. Experience of following simple recipes. Basic practical skills and safe working practices.	Link to next rotation: Year 8 – Applying Food Science & Recipe Development Apply the functional properties of ingredients including emulsification, coagulation, gelation, fermentation and the Maillard reaction. Develop greater independence through more challenging practical activities. Adapt recipes using nutritional knowledge and consumer needs. Explore food manufacturing, commercial food production, food packaging, branding, recipe costing and consumer choice. Evaluate practical outcomes using scientific understanding and increasingly sophisticated technical vocabulary.