

Year: YEAR 7  
 Subject: FOOD TECHNOLOGY

Term	Week	Focus	Summary	Lesson objectives	Parental Support	Independent Learning
1A	1	<b>Familiarisation with the layout of the Food Technology Centre</b>	Introduction the the Food Technology Centre To know where all equipment is kept To become familiar with large equipment and their uses.	To become familiar with the layout of the Food tech centre To identify which equipment are kept where To recognise Large equipment and their uses.	Become familiar with the schemes of work in Food Technology and the expectations of practical work.	Investigate the types of large and small equipment that you are likely to use in the kitchen
	2	<b>Basic Safety Rules for prevention of common accidents in Food Tech.          First Aid – Kit placement and it's contents          Use of Fire Blankets and Fire extinguishes.</b>	To become familiar with the safety points when working in the Food Tech room. To know where the First Aid Kit is kept To know where the Fire blankets are kept and the Fire extinguishers are. To Understand when it's necessary to use these pieces of equipment.	<b>To explain safety points when working in a Food Tech room          To Identify items stored in a First Aid Kit.          To know where the Fire blankets and Fire extinguishes are and their uses.</b>	Support child in their investigation.	Spot safety hazards in your kitchen at home.
	3	<b>Kitchen and Personal Hygiene</b>		To define the terms Kitchen and Personal Hygiene To explain the importance of good Kitchen and Personal Hygiene habits. To produce a poster Highlighting one or more hygiene practices.	Support child in their investigation.	Spot Hygiene hazards in your kitchen at home
	4	<b>Introduce practical expectations          Evaluating practical outcomes</b>		To become familiar with the expectations of the practical sessions. To understand how to Evaluate a recipe	To become familiar with evaluating practical outcomes and encourage the use of food vocabulary when describing	

					Taste/Texture and colours of food	
5	<p><b>Basic Kitchen Equipment and their uses</b></p> <p><b>Introduce Practical evaluations</b></p> <p><b>Issue practical ingredients for Soup or Fresh Fruit salad</b></p>	<p>Recall small kitchen equipment and their uses</p> <p>To know how to safely use sharp instrument in cooking</p>	<p>To know the types of small kitchen equipment and their uses</p> <p>To demonstrate how to use small equipment such as knives and can openers safely</p> <p>To understand how to conduct an evaluation of the practical session.</p>	<p>To become familiar with ingredients needed for next weeks practical session.</p>	<p>Research knife safety and various techniques for chopping of food in the kitchen.</p>	
6	<p><b>Practical Application -</b></p> <p>Vegetable soup or fresh fruit salad.</p> <p>Evaluate outcome</p>	<p>To Make either a fresh Fruit salad or vegetable soup using the correct equipment and adhering to all safety and hygiene rules from previous lessons.</p>	<p>To prepare and make a dish to illustrate the use of basic kitchen equipment.</p> <p>Evaluate outcome</p>		<p>Evaluate outcome from your cooking session, paying special attention to Taste/ texture/ presentation.</p>	
7	<p><b>.Weighing and measuring</b></p>	<p>To Know the various types of equipment used for weighing and measuring and how to weigh and measure correctly</p> <p>Practical Planning: Prepare and make a dish to illustrate the use of weighing and measuring in cooking .</p> <p>Possible dishes Fruit/ Cheese scones</p>	<p>To identify weighing and measuring equipment and explain and know the units of measure and their equivalents.</p> <p>To practice weighing and measuring using various equipment.</p>	<p>Engage and supervise your child as they get involved at home with weighing and measuring skills.</p> <p>To become familiar with ingredients need for the making of scones in term 1B</p>	<p>Practice food preparation at home working on weighing and measuring skills</p>	

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<b>1B</b>	1	<b>Practical session: Making Fruit/cheeses scones Evaluations</b>	To prepare and make a batch of sweet/ savoury scones to show the use of weighing and measuring. Evaluate outcome.	To be able to prepare and make a batch of scones by following a recipe correctly. Evaluate outcome.	Assist by contributing your child's evaluation sheets.	Keep a recipe collection of other scones.
	2	<b>Introduction to: The Use Of The Cooker. Cooker types, Parts and control panel</b>		To recognise the range of cookers available To identify the parts of a conventional cooker To become familiar with the operations of a conventional cooker To be aware of Zones of heat in a gas oven To identify the uses of the oven.		To research Zones of Heat in a gas oven
	3	<b>Use of the Hob</b>  <b>Practical Planning</b>	To understand how to use the hob safely To be able to identify equipment fo use on the hob To know what foods are suitable for cooking on the hob. Plan a recipe to make in next weeks lesson. Possible dishes: Sausage and onion casserole/ sausage and Pasta salad	To Know how to operate the hob efficiently and safely To identify equipment for use on the hob To identify foods suitable for use on the hob To Produce a poster highlighting hob safety	To Be familiar with ingredients for next weeks practical	To Investigate recipes for use on the hob
	4	<b>Practical session: Use of the Hob Sausage and onion casserole / sausage and pasta salad Evaluate outcome</b>	<b>Make dish of your choice</b>	Make a dish to illustrate the use of the hob safely and efficiently Possible dishes: Sausage & Onion casserole/ sausage pasta salad Evaluate outcome		

	5	<b>Use of the Grill</b> <b>Practical Planning – Use of the Grill through making : Pizza Toast</b> <b>Evaluation</b>	<b>To understand how the grill works and identify foods suitable for use in the grill</b> <b>To know the types of equipment used in grilling.</b>	To understand how to use the Grill safely and efficiently  To identify foods suitable for grilling To identify equipment for grilling		
	6	<b>Practical session:</b> Use of the Grill Evaluate outcome	To follow instructions of recipe correctly Use correct equipment and tools	Prepare and make a dish to illustrate the efficient and safe use of the Grill . Dish: Pizza Toast. Evaluate outcome.	To Be familiar with ingredients for next weeks practical: Festive biscuits Ingredients Smarties and icing sugar Other Ingredients for bisuits will be provided	
	7	<b>Use of the Oven</b>  <b>Practical session:</b> <b>Evaluation</b>	To understand how to operate and use the oven efficiently and safely. To research foods and a variety of dishes suitable for cooking in the oven. <b>Practical:</b> Festive cookies using Short bread recipe <b>Evaluate outcome</b>	To Know how to operate the oven efficiently and safely To identify equipment for use in the oven. To identify foods and dishes suitable for cooking in the oven		

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2A	1	<b>Introduction to Food Commodities</b>  <b>Eggs :</b>	To understand Eggs as a food commodity To know how to test an egg for freshness To Understand how eggs are used in cooking The value of eggs Introduce the terms Coagulation and aeration	To understand the module ' <b>Food Commodities</b> ' <b>To Identify and categorise main food commodity groups.</b> To know how <b>eggs</b> are composed To explain the food value of eggs	Share ways in which eggs are used at home	To investigate the food Value of eggs and how eggs are linked to food poisoning bacteria

				<p>To understand the words coagulation and aeration</p> <p>Know how to test an egg for freshness.</p> <p>To describe uses of eggs in cooking</p>		
2	<b>Eggs - Practical Planning</b>	<p>To research recipes to make in next weeks practical session to illustrate the uses of eggs in baking.</p> <p>Possible dishes: Lemon /orange muffins Chocolate tray bake. (Using whipped egg whites )</p>	<p>To understand the terms Coagulation and aeration.</p> <p>Practical planning session: Task: Plan, prepare and make a dish to illustrate the use of eggs in baking.</p>		Collate ingredients for next weeks practical session	
3	<b>Practical session: To illustrate the use of eggs in Baking . Evaluation.</b>	<p>Prepare and make chosen dish by following a recipe correctly Evaluate outcome.</p>	<p><b>Task:</b> Prepare, and make a batch of small cakes or a tray bake to illustrate the use of eggs in baking . Demonstrate how to separate eggs and aerate egg whites.</p>			
4	<b>Meat</b>  ( sources, composition, types, versatility, food value, checking for freshness, purchase and storage)		<p>To identify sources of meat To identify types of meat and categorise them into groups- red/white To describe the composition of meat and how cooking affects meat structure To identify cuts of meat and ways to cook them The value of meat.</p>		To investigate cuts of meat and suggest ways to cook them.	
5	<b>Practical planning A dish to illustrate the use of white meat in cookery. Possible dish:</b>	<p>Record recipe in exercise books and ingredients needed for practical next week into Diaries.</p>	<p>To demonstrate the use of white meat in cookery by demonstrating how to make meat balls in tomato sauce</p>		Investigate recipes suitable for using white meat	

		<b>Meat balls in tomato sauce</b>				
	6	<b>Practical session:</b> Prepare and make a dish to illustrate the use of white meat in cooking. Evaluate outcome.	Follow the recipe accurately for Meat balls in tomato sauce Evaluate outcome.	Prepare , make and serve Meat balls in tomato sauce to illustrate the use of white meat in cooking.		
	7	<b>Meat products</b>	<b>To know the various types of meat products available</b> <b>To know how they are made and used in family meals.</b>	To identify meat products To briefly describe how they are made To state how they are used in family meals.	Share with child how different meat products are used in home cooking.	To investigate and report on how a named product is produced.

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<b>2B</b>	1	<b>Red Meat</b> <b>Practical planning</b> <b>Possible dishes:</b> <b>Spaghetti Bolognaise or chili con - carne</b>	To record recipe in books and list ingredients in diaries for next weeks practical session	Choose a recipe to demonstrate the use of red meat in cooking		Investigate recipes using red meat in cooking.
	2	<b>Practical session</b> <b>Use of red meat</b> <b>Evaluate oucome</b>	To follow a recipe correctly and prepare and make either spaghetti bolognaise or chili con-carne to illustrate the use of red meat in the diet.	To prepare, make and serve a dish to demonstrate the use of red meat in the diet. Evaluate outcome		
	3	<b>Offal</b>	To know what parts of an animal is classed as Offal To know the food value of offal and it's uses in food preparation.	To define the term <b>offal</b> To identify foods that contribute to this food group To suggest uses for different types of Offal.		
	4	<b>Milk</b> <b>(Sources,composition,types, availability,versatility,food</b>	To know the importance of milk in the diet To know its uses in cooking	Introduction to <b>Milk</b> as a commodity Sources and types of milk		Investigate the importance of milk safety

		<b>value,checking for freshness,purchase and storage)</b>	To Know its sources How to store milk to avoid bacterial growth,	Composition & Food Value Milk safety Uses in cookery		
	5	<b>Practical planning : Milk</b>	Prepare and make a dish to show the use of milk as a dessert.	Task: Prepare and make a dish to illustrate the use of milk in cooking. <b>Possible dish:</b> Impossible pie.		Research other recipes which uses milk as a commodity
	6	Practical session: <b>Milk</b> <b>Make an impossible pie</b> <b>Evaluate outcome</b>	Follow a recipe correctly and prepare and make an impossible pie to show the use of a dessert using Milk as a commodity Evaluate outcome	Prepare and make an impossible pie to illustrate the use of Milk in cooking.		
	7	<b>Food Commodity : Cheese</b>	To understand how cheese is made and the countries in which they originate To investigate availability of cheeses in St Helena and around the world	To identify sources of cheeses and their origin To investigate availability and uses of cheese in cooking. To state the food value of cheese.		Research sweet and savoury cheese recipes

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<b>3A</b>	1	<b>Practical planning</b> <b>Task: Prepare and make a sweet or savoury dish to illustrate the use of cheese in cooking</b>	Choose a recipe to make in next weeks lesson. Make a list of ingredients needed for chosen dish.	Research recipes and choose a sweet or savoury dish to make in next weeks lesson. Use this to illustrate the use of cheese in cooking.		To collate all ingredients needed for next weeks practical session.
	2	<b>Practical session:</b>	Prepare and make a sweet or savoury dish by following a recipe accurately.	Prepare and make chosen dish Evaluate outcome		

		Prepare and make chosen dish to illustrate the use of cheese in cooking Evaluate outcome	Evaluate outcome			
3	<b>Food Commodities:</b>  <b>Cereal</b>	To understand the various types of cereals and their uses in food production To watch a Video on the process of turning wheat into flour for commercial and home use.	To gain knowledge and understanding of the different types of cereal and how they are used in food production. To know how wheat is processed into flour			To collate a bank of sweet and savoury recipes using cereals in cooking
4	<b>Cereal – Practical planning</b>	Choose a sweet or savoury recipe to illustrate the use of cereals in cooking. Record recipe in exercise books and a list of ingredients need for next weeks practical session.	Research a sweet or savoury recipe to show the use of cereals in cooking	To be familiar with ingredients for next weeks practical lesson.		
5	<b>Cereal – Practical session</b> <b>Evaluate outcome.</b>	Prepare and make chosen Cereal dish Evaluate outcome	Prepare and make chosen dish to illustrate the use of cereals in cooking.			
6	<b>Food commodity: Fish</b>	To understand the importance of Fish In the diet. To know how fish is categorised into groups How to preserve fish What to look for when buying fresh fish.	To gain knowledge on the various groups of Fish: Eg: white fish/oily fish/ shellfish. Nutrients in fish Ways of preserving fish Shopping for fish How to cook fish	Support your child with their interview. Become familiar with ingredients for next weeks lesson.		Interview parents / grandparents on how they preserved fish in days gone by and what dishes they made for their families out of Fish found in St Helena's waters.
7	<b>Practical session- Fish</b> <b>Evaluate outcome</b>	To Make a Fish dish by following a recipe correctly. Evaluate outcome.	Prepare and make a dish to illustrate the use of fish in cooking. Possible dishes:			

				Tuna Pasta Bake/ Fish in cheese sauce		

Term	Week	Focus	Summary	Learning Outcomes	Parental Support	Independant Learning
3B	1	<b>Food Commodities: Fruit</b>	To understand the value of fruit and its uses in cooking. To research a variety of recipes to illustrate the use of fruit in cooking . To understand the difference between a Fruit and a Vegetable.	To know the difference between and fruit and a vegetable. To know how fruits are cateogorised into groups- Eg: citrus fruits/soft fruits/ tree fruits/ exotic fruits/dried fruits. To know the nutrients in fruit. How to keep and preserve fruit	Support your child during their research.	Research Local Fruits found in St Helena and its uses in St Helenian cookery.
	2	<b>Fruit Feedback from Independant learning Practical Planning</b>	Individual Feedback to class on Local fruits and their uses in St Helenian cookery Collate recipe and ingredients for next weeks practical session. Possible dishes: Fruit crumble / Stewed fruit and dumplings	To be able to give feedback on findings about Local Fruit and its uses in cooking. Record recipe for next weeks practical Collate list of ingredients.	To become familiar with ingredients need for next weeks practical session.	
	3	<b>Fruit Practical session Evaluate outcome.</b>	Prepare and make a dish to illustrate the use of either Local or imported fruit in cooking. Evaluate outcome	To prepare and make a dish to illustrate the use of Fruit in cooking.		
	4	<b>Commodities -Vegetables</b>	Recap on how to tell the difference between and fruit and a vegetable. To understand what makes up a plant To understand how different groups of vegetables give us different nutrients. To understand how groups of vegetables are named after the different parts of the plant. Eg Stems and leaves Seeds and flowers	How to tell the difference between fruits and vegetables.  How to choose and store vegetables To know the different groups of vegetables How different vegetables give us different nutrients		Research a variety of sweet and savoury recipes which illustrates the use of vegetable in cooking

