







Year 7 Food Curriculum

Term	Curriculum content
Michaelmas 1  	Introduction to Food (R1) <ul style="list-style-type: none">• Food safety and hygiene Basic knife skills with a fruit salad <ul style="list-style-type: none">• Kitchen equipment Ratatouille learning the hob <ul style="list-style-type: none">• Evaluating food Pizza toast learning the grill <ul style="list-style-type: none">• Fruit and vegetables Fruity breakfast muffins learning the oven <ul style="list-style-type: none">• Breakfast and eating well Cookie experiment to change different types of sugar and evaluate how it changes the sensory properties of the cookie.
Michaelmas 2	Rotation 1
Lent 1	Rotation 1
Lent 2  	Eating well (R2) <ul style="list-style-type: none">• The eat well guide Salad Jar including a component from each section of the eatwell guide <ul style="list-style-type: none">• Nutrition and moral choice Chicken goujons <ul style="list-style-type: none">• Dairy foods and alternative Cricket carrot cakes <ul style="list-style-type: none">• Staple foods Apple crumble <ul style="list-style-type: none">• Protein Mini quiches <ul style="list-style-type: none">• Allergy awareness Food tasting
Trinity 1	Rotation 2
Trinity 2	Rotation 2