



Marshalls Park Academy - Curriculum Overview



Subject: Food Preparation and Nutrition Year Group: 7

Curriculum/Subject Leader: K Jackson/K Webb

Academic Year: 2023/24

Aim of Year 7 Scheme of Work: The aim of this scheme of work is to enable students to develop basic culinary skills and a basic understanding of nutrition and healthy eating principles so that they can build confidence when working in the kitchen to plan, prepare and make a range of balanced food products. They will follow health and safety rules and standard procedures to ensure that the food room is a clean and safe environment. They will learn how to use and demonstrate safe use of key equipment; knife, peeler, hob, grill, oven and apply these skills to make a range of products. Students will also evaluate products using the five senses and suggest improvements.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS	KNOWLEDGE/SKILLS	KNOWLEDGE/SKILLS
<p>Key topic 1: Hazards in the food room</p> <ul style="list-style-type: none"> Personal hygiene Accident prevention Cross contamination <p>Key topic 2: Functions of the cooker</p> <ul style="list-style-type: none"> Safe use of the hob, grill and oven <p>Key topic 3: Basic knife skills.</p> <ul style="list-style-type: none"> Bridge and claw Peel Core <p>Key topic 4: Eatwell Guide</p> <ul style="list-style-type: none"> Food groups Balanced diets Government dietary guidelines Function of ingredients 	<p>Key topic 5: Safe use of the hob</p> <ul style="list-style-type: none"> Temperature control: boiling and simmering Planning and evaluating Composite and balanced dishes Plan, prepare and evaluate own balanced pasta salad. <p>Key topic 6: Methodical working</p> <ul style="list-style-type: none"> Following a recipe Accurate weighing and measuring Rubbing in method 	<p>Key topic 7: Cake theory</p> <ul style="list-style-type: none"> Sponge-creaming method Cake decoration design Wet and dry muffins using oil. <p>Key topic 8: Food storage</p> <ul style="list-style-type: none"> Storage of ingredients in the kitchen. High risk foods Nutrient deterioration
KEY ASSESSMENTS	KEY ASSESSMENTS	KEY ASSESSMENTS
<p>Practical lessons will be monitored for health and safety.</p> <p>HALF TERM 1</p> <p>Food safety key words</p> <p>Pizza toast practical: hygiene, organisation and knife skill.</p> <p>HALF TERM 2</p> <p>Fruit salad practical: hygiene, organisation and knife skill.</p> <p>Nutrient assessment</p>	<p>Practical lessons will be monitored for health and safety.</p> <p>HALF TERM 3</p> <p>Pasta Salad. Students will be assessed on planning, making and evaluating their own product.</p> <p>Half term 4</p> <p>Pin wheels: Accurate measuring of ingredients.</p>	<p>HALF TERM 5 Independent cupcake assessment</p> <p>HALF TERM 6 Students will complete an end of year test to assess knowledge, understanding and progress.</p>

Assessment Criteria

- AO1 Demonstrate knowledge and understanding of nutrition, food, cooking and preparation
- AO2 Apply knowledge and understanding of nutrition, food, cooking and preparation
- AO3 Plan, prepare, cook and present dishes, combining appropriate techniques
- AO4 Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others