



## Year 7 Food and Nutrition: PoS 2022-2023

| <b>Learning</b>   | <b>Loving</b>   | <b>Living</b>   |                                       |
|---|---|---|---------------------------------------|
| Key Knowledge<br>Link apply and adapt<br>Build knowledge and skills<br>Self-regulated, reflective independent<br>Know what they are good at and what to improve<br>Stretched, challenged supported<br>Wider ideas culture and the world<br>Use technology flexibly and responsibly  | Well informed global citizens<br>Believe they can make a difference<br>Shape community and school<br>Care about the environment and each other<br>Responsible for their own behaviour<br>Grow spiritually<br>Respect and tolerance<br>Charity, volunteering and fundraising | Wider learning<br>Leadership, teamwork, collaboration<br>Success for all abilities<br>Value creative subjects<br>Interactions with the world of work<br>Safety, mental and physical health<br>Equipped for their unique future<br>Apply to the world beyond |                                       |
| <b>Curriculum Intent</b>  |   |   |                                       |
| <ul style="list-style-type: none"> <li>• provide pupils with the knowledge and skills they need in order to take advantage of opportunities, responsibilities and experiences of later life. Cooking is a life skill. Students make a range of recipes that build on skills so that they can develop confidence to cook independently at home. Students are encouraged to cook at home.</li> <li>• clearly state the end points that pupils are building towards and the knowledge and skills required to reach them. To be able to cook with a degree of independence and skills. To be able to use the cooker and basic cooking equipment safely. To be able to work hygienically in the kitchen. To know about the importance of a healthy balanced diet and the Eatwell Guide.</li> <li>• is planned and sequenced so that new knowledge and skills build on what has been taught and builds towards clearly defined end points. Learning Objectives are set for each lesson and made known to students. L/O referred to throughout lesson, and at end. Skills are built upon each lesson and reference made to previous recipes. Topics are based on the core competencies from the Food Safety and British Nutrition Foundation 'what students should know by age 14'.</li> <li>• has high ambition for all pupils<br/>Teacher and students are aware of pathway and assessments are marked according to pathway (working toward, working at, and working beyond expected level). Students have the opportunity to participate in the feed forward process and improve their work.</li> </ul> |   |   |                                       |
| Term  | Topic NB To include Spaced memory retrieval   | No. of Lessons  | Assessment                            |
| Autumn 1  | Introduction to the Food room. Rules and routines, food safety and basic cooking skills. Healthy Eating.  | 7   | Evaluation of Pizza Toasts.           |
| Autumn 2  | Building on practical cooking skills and planning a new muffin for a party.   | 7   | Planning a new food product (muffins) |



|          |   |   |  |
|----------|---|---|--|
| Spring 1 | Making more complex food products. Applying healthy eating and food safety. | 6 | Practical making skills – making muffins |
| Spring 2 | Half year course (repeat above with new group)                              |   |  |
| Summer 1 |   |   |  |
| Summer 2 |   |   |  |