

Topic Lists

Year 7 Food & Nutrition

Term 1	Introduction to food safety and personal food hygiene. Safe use of equipment, the hob and oven as well as some electrical equipment
	Using the Eatwell Guide to understand the importance of balanced eating. Energy input and output is also explored. We start to look at the growth of bacteria and safe food storage. We begin considering the science of foods by investigating how yeast and strong flour enable bread to rise. We experiment with gluten We use our senses to evaluate food objectively
	Practical activities supporting the above nutritional work include, Pizza Toast, Fruit Crumble, Chicken Stir Fry, Bolognese, Bread, Mini Victoria Sponge Cakes,
Term 2 (half)	Students will complete a food preparation task where they consider the specific nutrient needs of teenage girls to inform development of a scone recipe. Looking at obesity and sugar, seasonality and food miles; where does our food come from? Finally we take a look at Macro and Micro Nutrients and linking this back to the Eatwell Guide.

Please note that the order of delivery is continuously reviewed and may be altered if we feel that this would be appropriate; we aim to cover all of the topics listed above at some point in the academic year.