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| Subject: Food Year 7 Curriculum Map 2022-2023 | | | |
| Terms | **Topics covered** and **core knowledge and skills** | Links to careers | Links to the Knowledge organiser and other additional resources |
| Half term 1 | **HEALTH & SAFETY**  Recognise how to prepare yourself & your environment to cook.  **FRUIT SALAD – practical**  Recognise the skills required to prepare and present, chopped/ sliced and diced food.  **FOOD GROUPS**  Recognise the different food groups – Eat well guide.  **LAYERED PASTA SALAD – practical**  Recognise the skills required to prepare, present, chopped/ sliced and diced food in a decorative manner.  **FOOD GROUPS**  Recognise the range of healthy eating advice available.  **HOT TRIPLE DECKER SANDWICH – practical**  Recognise the skills required to prepare, cook and present a ‘hot’ dish  **FOOD GROUPS**  Recognise the range of dietary needs people can have. | <https://nationalcareers.service.gov.uk/>  <https://www.learningtoleap.co.uk/catering-careers/>  <https://www.youthemployment.org.uk/careers-hub-sector/catering-and-hospitality/>  <https://www.careersincatering.co.uk/> | <https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/Food-KS3-KO.pdf>  <https://maritime.rivoagency.com/admin/wp-content/uploads/sites/20/2022/10/cooking-ko-year-7-8.pdf> |
| Half term 2 | **RAINBOW COUSCOUS – practical**  Recognise the skills required to prepare, present, chopped/ sliced and diced food in a decorative manner.  **FOOD LABELS**  Recognise the impact food labelling has on choices.  **PIZZA PINWHEELS – practical**  **(DEMONSTRATION)**  Recognise the skills required to prepare, shape and cook bread dough  **POOR DIET CHOICES** identify poor dietary choices.  Understand how to modify/ adapt dietary choices to be healthier.  **FRUIT MUFFINS – practical**  Recognise the skills required for the creaming method.  **POOR DIET CHOICES** identify the impact poor dietary choices can have in the short and long term health and wellbeing. |  |  |