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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.  |  |  |