



CURRICULUM CORE KNOWLEDGE PLAN

SUBJECT: Food YEAR GROUP: 7 DATE: 2024-2025

Term and unit	Core knowledge	Core Skills	Revisiting prior knowledge	Links to Walney Ways & Employability skills/Careers
Autumn Term Health and safety Knife skills	Theory - To be able to identify hazards in the kitchen - To propose way to prevent hazards in the kitchen - To understand the importance of washing hands - To describe the expectations for working the food room. - To be able to identify a range of kitchen equipment Practical - To demonstrate the correct method for hand washing. - To be able to demonstrate washing, passing and walking around with equipment safely. - To be able to organise work areas to ensure a safe and hygienic work area - To demonstrate safe and hygienic methods of preparing foods. - To demonstrate safe and hygienic methods of cooking foods.	Students will be able to identify health and safety risks within the kitchen and create an action plan on how to prevent these. Students will begin to use knives safely, accurately and confidently. To work independently and as part of a team to create a dish to a high standard and work hygienically. Practical dishes include Chopping workshop Fruit Salad Pasta layered salad	Students should have a basic understanding of health and safety in the kitchen and handwashing from KS2.	Walney Ways Self motivated Resilient Communicative Self Aware Employability Oragnisation, planning and time management Problem solving Communication Team working



	- To demonstrate the safe use of a skife as well as the handling of other kitchen equipment. Evaluate - To be able to use Sensory analysis words correctly - To be able to preform both cluniary evaluations as well as personal performance evaluations - To understand what a sensory analysis diagram is and use it correctly.			
Spring term Principles of nutrition/ diet and health	Theory - To be able to identify all the sections of the eatwell guide. - To be able to explain what is meant by a healthy diet - To be able to propose ways which a diet can be adapted to fit the Eatwell guide. - To know the 8 tips for healthy eating - To be able to give advice on how to meet these 8 tips. - To compare and evaluate existing products Practical - To demonstrate the correct method for hand washing. - To be able to demonstrate washing, passing and walking around with equipment safely. - To be able to organise work areas to ensure a safe and hygienic work area	Students will learn the definition of Macronutritents and Micronutrients. Be able to idenfity the main sources of the Macronutrients and specific functions. Through practical evaluations students will link nutritional knowledge to the ingredients within their recipes. Students will know the current dietary guidelines. Including the Eat well guide. How nutrients work for the body Energy balance – where energy comes from, why we need it and what happens when the energy balance in our bodies is not right.	Students will develop their knife skills and becoming more accurate fro term 1. They will also develop their health and safety knowledge. Students will have studied basic nutrition in KS2.	Walney Ways Resilient Self motivated Self aware Communicative Employability Organisation, planning and time management Problem solving Self awareness Team working Communication



	- To demonstrate safe and hygienic methods of preparing foods. - To demonstrate safe and hygienic methods of cooking foods. Evaluation - To understand what is meant by sensory analysis - To explain why it is important - To be able to list 5 sensory descriptors - To understand what a hedonic scale is - To apply this knowledge to create a hedonic scale to evaluate each dish made	Practical dishes include Pizza Spicy tomato soup		
Summer term Food safety, bacteria and prevention	Theory - To understand the 4C's in relation to food safety - To understand and be able to explain what cross contamination is and how we prevent this. - To be able to identify poor practise and identify ways to improve and prevent food poisoning - To understand what bacteria needs to grow - To understand how to prevent bacteria growth, including the storage of foods. - To be able to identify key temperatures within storage, preparation and cooking of foods and explain what happens to bacteria within those temperatures.			Walney Ways Resilient Self motivated Self aware Communicative Employability Organisation, planning and time management Problem solving Self awareness Team working Communication



	Practical • To demonstrate the correct method for hand washing. • To be able to demonstrate washing, passing and walking around with equipment safely. • To be able to organise work areas to ensure a safe and hygienic work area • To demonstrate safe and hygienic methods of preparing foods. • To demonstrate safe and hygienic methods of cooking foods. Evaluation • To understand what is meant by sensory analysis • To explain why it is important • To be able to list 5 sensory descriptors • To understand what a hedonic scale is • To apply this knowledge to create a hedonic scale to evaluate each dish made	Practical dishes include Koftas Apple Crumble		
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