



## Year 7- Food and Textiles

### Topics

	Element	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Term 1	<b>Theory</b>	H&S Introduction Knife Skills	Washing up skills Knife skills developed Eat Well Guide Intro	Hob Safety/skill Eat-Well Guide detailed	Nutrients (focus on carbs, fibre, fats)	Oven H&S and skill Time-plans	Standard components
	<b>Practical</b>	Demo- Fruit Salad	Fruit Salad	Demo- Pasta Salad	Pasta Salad	Demo- Pin Wheels	Pin-Wheels
	<b>Home learning</b>	Buying/Measuring/preparing ingredients		Buying/Measuring/preparing ingredients		Buying/Measuring/preparing ingredients	
Term 2	<b>Theory</b>	Skill-melting	Evaluations	Knowledge assessment	H & S Introduction Fibre Identification	Pinning and tacking	Equipment identification
	<b>Practical</b>	Flapjacks Demo	Flapjacks		Identifying labels on uniform	Using pins, needles and thread to create a sample.	Sewing and use of the iron
	<b>Home learning</b>	Buying/Measuring/preparing ingredients	Revision				
Term 3	<b>Theory</b>	Design Brief Safely using a sewing machine	Chose final design, draw to scale	Apply design to fabric	Attaching designs to fabric	Securing designs in place	Evaluations
	<b>Practical</b>	Designing and machine practice	Designing and machine practice	Machine practice, adding colour to fabric	Pinning and tacking on designs	Tacking and machining designs onto fabric	Notebook holders
	<b>Home learning</b>						

# Year 7 Food Technology



## What are you going to learn and do this year?

### Current

#### HEAD - Knowledge



##### **Year 7 Food Technology Curriculum: Building the Foundation**

Welcome to Food Technology! This year, you'll embark on a culinary adventure, learning essential skills and knowledge to become confident and informed cooks. Here's a delicious breakdown of what you'll be exploring:

##### **Safety First!** (Health and Safety Introduction)

Our journey starts with the most important ingredient: safety! We'll learn how to navigate the kitchen environment, mastering basic safety practices to keep ourselves and others safe while preparing delicious food.

##### **Sharpening Our Skills** (Knife Skills)

Next, we'll become confident knife wielders! We'll explore different knife types and proper techniques, ensuring safe and efficient chopping, slicing, and dicing.

##### **Cleaning Up Champions** (Washing Up Skills)

A clean kitchen is a happy kitchen! We'll learn the proper way to wash dishes, ensuring hygiene and responsible resource management.

##### **Eat Well, Be Well** (Eat Well Guide Introduction & Detailed)

Food fuels our bodies and minds! We'll delve into the Eat Well Guide, a valuable tool to understand the importance of balanced diets. We'll explore the different food groups (fruits, vegetables, grains, protein, dairy) and their role in maintaining good health.

##### **Mastering the Heat** (Hob Safety/Skill & Oven H&S and Skill)

Get ready to explore the world of heat! We'll learn how to safely operate hobs and ovens, understanding cooking temperatures and mastering basic cooking techniques like boiling, simmering, and baking.

##### **Planning Makes Perfect** (Time-plans & Standard Components)

Planning is key in the kitchen! We'll learn how to create effective time plans, ensuring our culinary creations are ready when we want them. You'll also discover the importance of "standard components" like recipes and equipment lists for successful meal preparation.

##### **Putting it into Practice!** (Practical Sessions)

Now, it's time to roll up your sleeves and get practical! You'll be putting your newfound knowledge and skills into action through exciting practical sessions. Here's a sneak peek at some of the dishes you'll be creating:

##### **Fruity Fiesta:** Learn to create a vibrant fruit salad bursting with flavour and vitamins.

##### **Pasta Perfection:** Master the art of pasta salad, exploring different flavour combinations and textures.

##### **Pizza Pinwheel Party:** Discover a fun and creative way to enjoy pizza with delicious pinwheels.

##### **Flapjack Frenzy:** Whip up a batch of delicious and wholesome flapjacks, perfect for a sweet treat.

Throughout the year, you'll gain confidence in the kitchen, understand the importance of healthy eating, and develop valuable life skills. So, get ready to have fun, learn a lot, and unleash your inner chef!

#### HEART - Personal Development



##### **Confidence and Self-Esteem:**

Learning new skills and successfully creating dishes will boost their confidence in the kitchen.

Mastering knife skills and independently handling equipment can foster a sense of accomplishment.

##### **Independence and Responsibility:**

Following recipes and completing tasks independently will encourage them to take ownership of their learning.

Practicing safe food handling and cleaning up demonstrates responsible behaviour in the kitchen.

##### **Problem-Solving and Critical Thinking:**

Following recipes involves interpreting instructions and making adjustments as needed.

Adapting recipes for allergies or preferences encourages critical thinking about ingredients and substitutions.

##### **Teamwork and Collaboration:**

Working with classmates in practical sessions fosters communication and collaboration skills.

Sharing equipment and tasks effectively requires teamwork and cooperation.

# Year 7 Food Technology



## What are you going to learn and do this year?

### Current

#### HEART - Personal Development (continued)



##### **Following Instructions and Time Management:**

Learning to follow recipes step-by-step develops the ability to follow instructions precisely.

Completing tasks within a timeframe during practical sessions helps students learn time management skills.

##### **Organization and Planning:**

Following equipment lists and organizing ingredients promotes organizational skills.

Creating and following time plans encourages them to plan ahead for successful cooking projects.

##### **Problem-Solving and Adaptability:**

Dealing with unexpected situations in the kitchen, such as missing ingredients or cooking mishaps, encourages on-the-spot problem-solving and adaptability.

##### **Creativity and Experimentation:**

As students gain confidence, they may explore creative variations on recipes, encouraging experimentation and personal expression.

These personal development skills will not only benefit them in Food Technology but also translate to other areas of their lives, promoting a sense of self-reliance, problem-solving abilities, and effective collaboration with others.

### HAND - Skills



Year 7 students will develop a range of practical and theoretical skills through the Food Technology curriculum. Here's a breakdown of the skills they'll gain from each topic:

##### **Safety First:**

**Personal safety:** Following safe practices in the kitchen, including hygiene procedures and proper handling of equipment.

**Risk awareness:** Identifying and minimizing potential hazards in the kitchen environment.

##### **Knife Skills:**

**Knife handling:** Proper techniques for holding and using different types of knives for safe and efficient chopping, slicing, and dicing.

**Food preparation:** Mastering basic cutting techniques to prepare ingredients for various dishes.

##### **Washing Up Skills:**

**Hygiene and sanitation:** Understanding the importance of clean dishes and proper washing techniques to prevent the spread of germs.

**Resource management:** Learning how to conserve water and energy while washing dishes responsibly.

##### **Eat Well Guide:**

**Nutritional knowledge:** Understanding the different food groups and their role in a balanced diet.

**Healthy eating habits:** Making informed choices about food to promote good health and well-being.

##### **Heat Mastery:**

**Safe operation:** Learning how to safely use hobs and ovens, including understanding temperature controls and proper handling of hot equipment.

**Cooking techniques:** Mastering basic cooking methods like boiling, simmering, and baking for various dishes.

##### **Planning and Organization:**

**Time management:** Creating effective time plans to ensure meals are cooked efficiently and within the desired timeframe.

**Organization:** Understanding the importance of following recipes and equipment lists for successful food preparation.

##### **Practical Sessions:**

**Following instructions:** Learning to follow recipes accurately and step-by-step.

**Basic food preparation:** Gaining practical experience in chopping, mixing, cooking, and assembling dishes.

**Teamwork:** Collaborating with classmates while working in a kitchen environment.

**Following hygiene procedures:** Practicing safe food handling and kitchen cleanliness throughout the cooking process.

**Presentation:** Learning how to present food in a visually appealing way.

By the end of the year, Year 7 students will be well-equipped with a strong foundation in food safety, basic cooking skills, healthy eating knowledge, and the confidence to tackle recipes in a safe and organized manner.






# H&S and Knife Skills

Y7/T1/L1



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p><b>Pupils should have:</b></p> <p>An understanding of some risks within a kitchen</p> <p>Some knowledge of knife safety from their own experiences</p>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <ul style="list-style-type: none"> <li>- Be able to demonstrate good health and safety practice in a kitchen</li> <li>- Understand how to use other kitchen equipment safely</li> </ul>
	 <ul style="list-style-type: none"> <li>• Understand the importance of Health of Safety.</li> <li>• Understand what a hazard is and a control point</li> <li>• Understand how to produce a fruit salad safely</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
	 <ul style="list-style-type: none"> <li>- Organisation</li> <li>- Safety awareness: Students will understand the importance of safety in a kitchen environment.</li> <li>- Responsibility: They will learn to take responsibility for their own safety and that of others.</li> </ul>	
<p><b>HAND - Skills</b></p>	 <ul style="list-style-type: none"> <li>• Identify prior learning</li> <li>• Explain the importance of H&amp;S within food technology</li> <li>• Describe how to be safe when using sharp knife</li> <li>• Observe a fruit salad demonstration and briefly describe the method</li> </ul>	






# Practical- Fruit Salad

Y7/T1/L2



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p><b>Pupils should have:</b></p> <ul style="list-style-type: none"> <li>• Understand the importance of Health of Safety.</li> <li>• Understand what a hazard is and a control point</li> <li>• Understand how to produce a fruit salad safely</li> </ul>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <ul style="list-style-type: none"> <li>- Have further understanding of kitchen equipment, specifically the oven and hob so they can produce a pasta salad</li> </ul>
	 <ul style="list-style-type: none"> <li>• Understand how to navigate the food room adhering to health and safety guidelines.</li> <li>• Understand how to use a knife safely and effectively</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
	 <ul style="list-style-type: none"> <li>- Organisation and teamwork</li> <li>- Hygiene: Students will understand the importance of proper hygiene in food preparation.</li> <li>- Organization: They will learn to organize their workspace efficiently.</li> <li>- Teamwork: If working in groups, washing up can foster teamwork and cooperation.</li> </ul>	
<p><b>HAND - Skills</b></p>	 <ul style="list-style-type: none"> <li>- Demonstrate an awareness of health and safety</li> <li>- Demonstrate the preparation technique: chopping</li> <li>- Evaluate work using sensory descriptors</li> </ul>	






# H&S and Eat-well guide

Y7/T1/L3



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>-Safely navigate the food room adhering to health and safety guidelines.</p> <p>-Understand how to use a knife safely and effectively</p>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <p>- Have further understanding of kitchen equipment, specifically the oven and hob so they can produce a pasta salad</p>
	 <ul style="list-style-type: none"> <li>• Understand how to use the Hob safely</li> <li>• Understand the importance of a healthy lifestyle with a focus on healthy eating in relation to the Eatwell Guide.</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
 <ul style="list-style-type: none"> <li>- Organisation and teamwork</li> <li>- Healthy eating habits: Students will learn about the benefits of healthy eating.</li> <li>- Critical thinking: They will be encouraged to evaluate their own eating habits.</li> </ul>		
<p><b>HAND - Skills</b></p>	 <ul style="list-style-type: none"> <li>- Describe the principles of The Eatwell Guide and relate this to the diet.</li> <li>- Be able to observe a demonstration of a pasta salad and explain the method</li> <li>- Be able to explain the H&amp;S of the Hob</li> </ul>	






# Pasta Salad Practical

Y7/T1/L4



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>-Safely navigate the food room adhering to health and safety guidelines.</p> <p>-Understand how to use a knife safely and effectively</p>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <p>- Have further understanding of kitchen equipment, specifically the oven and hob so they can produce a pasta salad</p>
	 <ul style="list-style-type: none"> <li>Strengthen understanding of carbohydrates and how it fits in with the eat well guide</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
	 <ul style="list-style-type: none"> <li>Organisation and teamwork</li> <li>Safety awareness: Students will understand the risks associated with using a hob.</li> <li>Problem-solving: They will learn to troubleshoot issues that may arise during cooking</li> </ul>	
<p><b>HAND - Skills</b></p>	 <ul style="list-style-type: none"> <li>Describe the principles of The Eatwell Guide and relate this to the diet.</li> <li>Be able to observe a demonstration of a pasta salad and explain the method</li> <li>Be able to explain the H&amp;S of the Hob</li> </ul>	






# H&S and Time-plans (Demo Pin Wheels)

Y7/T1/L5



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>-Safely navigate the food room adhering to health and safety guidelines.</p> <p>-Understand how to use a knife safely and effectively</p>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <p>- Have further understanding of kitchen equipment, specifically the oven and hob so they can produce a pasta salad</p>
	 <ul style="list-style-type: none"> <li>Strengthen understanding of carbohydrates and how it fits in with the eat well guide</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
	 <ul style="list-style-type: none"> <li>Organisation and teamwork</li> <li>Nutrition knowledge: Students will gain a deeper understanding of nutrients, particularly carbohydrates, fiber, and fats.</li> <li>Informed decision-making: They will be able to make informed choices about the foods they eat.</li> </ul>	
<p><b>HAND - Skills</b></p>	 <ul style="list-style-type: none"> <li>Identify the nutrients available within the ingredients, describe their function in our body</li> <li>Create a step-by-step recipe for pizza pin-wheels</li> <li>Effectively communicate ideas through design ideas and recipes</li> </ul>	






# Standard Components (Pin-wheels practical)

Y7/T1/L6



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>-understanding of kitchen equipment, specifically the oven and hob so they can produce a pasta salad</p>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <p>- Have further understanding of practical skills, specifically the skill of melting</p>
	 <ul style="list-style-type: none"> <li>• Strengthen understanding of the facilities in the school kitchen</li> <li>• To understand the term 'standard component'</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
	 <ul style="list-style-type: none"> <li>- Organisation and teamwork</li> <li>- Safety awareness: Students will be aware of the risks associated with using an oven.</li> <li>- Technical skills: They will learn how to operate an oven safely and effectively.</li> </ul>	
<p><b>HAND - Skills</b></p>	 <ul style="list-style-type: none"> <li>- Recap the preparation techniques: chopping (the bridge hold and the claw grip)</li> <li>- Demonstrate an awareness of health and safety</li> <li>- Demonstrate the cooking technique: baking</li> </ul>	



# Flapjacks Demonstration- melting

Y7/T1/L7



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>-understanding of kitchen equipment, specifically the oven and hob.</p>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <ul style="list-style-type: none"> <li>- Have further understanding of practical skills, demonstrating the skill of melting</li> </ul>
	 <ul style="list-style-type: none"> <li>-to strengthen understanding of using the hob safely</li> <li>-To understand the melting skill</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
	 <ul style="list-style-type: none"> <li>- Organisation and teamwork</li> <li>- Organization: Students will learn to plan and manage their time effectively.</li> <li>- Goal setting: They will be able to set and achieve goals related to their cooking tasks.</li> </ul>	
<p><b>HAND - Skills</b></p>	 <ul style="list-style-type: none"> <li>- Recap weighing and measuring</li> <li>- Design a suitable dish</li> <li>- Create a step-by-step recipe for flapjack with a time plan</li> </ul>	



# Flapjacks Practical

Y7/T1/L8



At Malbank we will develop Technologists who are creative, skilful and confident practically, socially and intellectually giving students the opportunity to impress leaders of industry so that they can make a smooth transition from education into the workplace.

Prior Knowledge	Current	Future
<p>-understanding of kitchen equipment, specifically the oven and hob.</p>	<p><b>HEAD - Knowledge</b></p>	<p><b>Pupils should go on to:</b></p> <ul style="list-style-type: none"> <li>- Have further understanding of practical skills, demonstrating further skills and the use of other equipment in year 8</li> </ul>
	 <ul style="list-style-type: none"> <li>-to strengthen understanding of using the hob safely and the oven</li> <li>-To strengthen understand the melting skill</li> </ul>	
	<p><b>HEART - Personal Development</b></p>	
	 <ul style="list-style-type: none"> <li>- Organisation and teamwork</li> </ul>	
<p><b>HAND - Skills</b></p>	 <ul style="list-style-type: none"> <li>- Recap weighing and measuring, boiling and baking</li> <li>- Demonstrate an awareness of health and safety</li> <li>- Demonstrate the cooking technique: Weighing and Measuring</li> </ul> <p>Demonstrate the following preparation and cooking techniques:</p> <ul style="list-style-type: none"> <li>- Baking</li> <li>- Boiling</li> <li>- Weighing and measuring</li> <li>- Presentation/plating up techniques</li> </ul>	