

**Curriculum Map: Design and technology – Cooking and Nutrition Year 7**

	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Content</b> Declarative knowledge 'I Know'	<p>Students will learn and develop an understanding about energy, nutrients, water and fibre, diet and health and nutritional needs throughout life.</p> <p>Practical skills: preparing and cooking fruit and vegetables, peeling, cutting, slicing, dicing, weighing, and measuring. rubbing in method.</p> <p>Functions of ingredients in scones.</p>	<p>As part of their work with food, pupils will be taught how to cook and apply the principles of nutrition and healthy eating.</p> <p>Practical skills: Bread making, kneading, and shaping doughs, portion control and soup making.</p> <p>Functions of ingredients in bread, soup, biological raising agents</p>	<p>Students will learn and develop an understanding about food safety, including the preparation and safe storage of food, and sound food safety principles when buying, storing, and preparing food and how to use equipment safely</p> <p>Practical skills: Handling, and preparing raw meat, gelatinisation process, using standard components, creaming method,</p> <p>Functions of ingredients in mechanical / chemical raising agents in cake experiment</p>
<b>Skills</b> Procedural Knowledge 'I know how to'	<p><b>Safety &amp; Hygiene:</b>  Identify &amp; reduce hazards that occur in a kitchen  How to prepare for a practical.  Clean and sanitise in a hygienic way (washing up).  Demonstrate how to use a knife safely  Demonstrate how to use the cooker safely  Learn the following: Organisation, food preparation, independence, and teamwork skills</p> <p>Learn how to: handle, store and cook ingredients safely – Fruit &amp; Vegetables</p> <p><b>Food Preparation:</b>  Use a sharp knife, demonstrating either the claw or bridge technique  Weighing and measuring accurately.  Describe the sensory characteristics using the correct sensory descriptors to evaluate dishes  Demonstrate how to use the cooker safely- Convection, and radiation- heat transfer</p>	<p><b>Safety &amp; Hygiene:</b>  <i>Building on skills &amp; knowledge from term 1.</i></p> <p>Learn how to: handle, store and cook ingredients safely – Carbohydrates</p> <p><b>Food Preparation:</b>  <i>Building on skills &amp; knowledge from term 1.</i></p> <p>Demonstrate how to use the cooker safely- Convection &amp; conduction - heat transfer</p> <p><b>Nutrition:</b>  Identify the names of the nutrients and the function of each nutrient: Carbohydrates  Learn the importance of hydration in the diet</p>	<p><b>Safety &amp; Hygiene:</b>  <i>Building on skills &amp; knowledge from term 1 &amp; 2.</i></p> <p>Learn how to: handle, store and cook ingredients safely – Meat</p> <p><b>Food Preparation:</b>  <i>Building on skills &amp; knowledge from term 1 &amp; 2.</i></p> <p>Demonstrate how to use the cooker safely- Convection, conduction - heat transfer</p> <p><b>Nutrition:</b>  Identify the names of the nutrients and the function of each nutrient: Protein  Reasons why we make Food choices  Read and understand food labels</p>

	<b>Nutrition:</b> Prepare a balanced and healthy diet Identify the names of the nutrients and the function of each nutrient: Vegetables & Fruit Give a definition of seasonality, food miles List reasons why buying local produce and reducing food miles		
<b>Strategies</b> Conditional Knowledge 'I know when to'	Apply the principles of nutrition and health  Cook a repertoire of predominantly savoury dishes so that I can feed myself and others a healthy and varied diet in line with the principles of The Eatwell Guide.  Apply a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture, and smell to decide how to season dishes and combine ingredients; adapting and using different recipes]  Source a range of ingredients based on seasonality and different characteristics.	Use fresh, seasonal, local ingredients where possible to make healthy nutritious dishes.  Use recipes to develop cooking skills but these can be adapted to suit personal tastes, family dietary/religious needs.	Apply the principles of nutrition and healthy eating in learning between subjects and beyond the classroom as understanding of nutrition and food ultimately fuels better academic success across the curriculum.  Apply creativity, self-sufficiency, and independence to feed myself and others affordably, now and in later life.  Consider issues around nutrition and physical, intellectual wellbeing
Key Questions	How can I apply the Eatwell guide to cook a range of healthy meals? How can I prepare, cook, and store vegetables in a safe and hygienic way?	How can I use fresh seasonal ingredients? What are the optimal conditions for raising agents?	How can I prepare, cook, and store meat in a safe and hygienic way? How can I adapt recipes for different age groups and dietary needs
Assessment topics	Knowledge gained, making skills demonstrated Ability to evaluate products Eatwell Guide Health and Safety	Knowledge gained, making skills demonstrated. Ability to evaluate products Hydration	Knowledge gained, making skills demonstrated and the ability to evaluate ideas against planned criteria
Cross curricular links/Character Education	<b>English:</b> Descriptive adjectives of sensory analysis Evaluate work	<b>Geography:</b> Foods are grown and harvested, Wheat and grain, seasonality, food miles	<b>Science:</b> Functional and chemical properties of

	<p><b>Maths:</b> Measurement Ratio Fractions Costings</p> <p><b>PE:</b> Eatwell Guide, diets</p> <p><b>Art and Design:</b> Presentation and decoration Creativity</p>	<p><b>D&amp;T and Science:</b> Understanding, and applying the principles of Health and safety</p>	<p>Mechanical / Chemical/ Biological <i>raising</i> agents – aeration, fermentation, gelatinisation,</p>
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