



## PLUME ACADEMY - LEARNING OVERVIEW

Year	7
Subject	Food

### Prior Learning

The Year 7 programme of study in Food builds on a child's key stage two and home experience by teaching basic practical skills, introducing time management and, where applicable, extending knife skills and presentation.

### Curriculum Intent – What are the curriculum aims?

- Understand and apply the basic principles of nutrition and health
- Understand the source, seasonality and characteristics of a broad range of ingredients.
- What protein, carbohydrates and fats are and their role in the diet
- The names of key vitamins and minerals and how they work in the body
- Where these nutrients are found

### Curriculum Implementation – What my child will be learning?

Half Term 1	Theory: Introduction to Food, Diagnostic test, Health & Safety Practical: Knife Skills, Use of cooker – fruit salad, pizza toast
Half Term 2	Theory: Nutrition and the Eatwell Guide Practical: Cookery Skills – Carrot cakes, stir fry, flap jacks
Half Term 3	Theory: Research, plan, cook and evaluate project Practical: Scones, burgers, fake away dish of choice

### Curriculum Impact – How will progress be assessed?

**Diagnostic Test** – What do you already know? This will be peer assessed, then feedback given by the teacher.

Progress is assessed over 4 strands in Food:

**Research** – pupils will research information that is relevant to their learning. This will be assessed by the teacher.

**Planning** – pupils will learn to plan and sequence their practical lessons. This will be assessed by the teacher.

**Making** – practical skills are assessed over a series of lessons This will be assessed both by the teacher and peer/self-assessment.

**Evaluating** – Pupils will evaluate their practical work each lesson, either in the form of a self-assessment or an extending writing task which is assessed by the teacher.



### Super-Curricular Opportunities – Extending Learning

Useful supporting resources:	If a student is really passionate about this subject, they could:	As a parent/carer, I can assist my child in this subject by:
<a href="https://www.foodafactoflife.org.uk/">https://www.foodafactoflife.org.uk/</a> <a href="http://blog.grainchain.com/">http://blog.grainchain.com/</a> <a href="https://www.dairycouncil.co.uk/">https://www.dairycouncil.co.uk/</a>	<ul style="list-style-type: none"><li>• Adapting recipes to cook at home</li><li>• Visit Borough market</li><li>• Watch a cooking show</li><li>• Research alternate ingredients</li><li>• Promotion of Junior Great British Bake Off</li></ul>	<ul style="list-style-type: none"><li>• Support child by allowing them to experience extra cooking practical opportunities at home</li><li>• Talk to child about food recipes</li><li>• Watch cooking programmes</li><li>• Visit Whole Food Stores, Ideal Home Exhibition</li></ul>