

FOOD SCIENCE – YEAR 7	
AUTUMN TERM	
<p>Pupils will have the opportunity to develop the following skills:</p> <ul style="list-style-type: none"> • understand and apply the principles of nutrition and health • cook a repertoire of savoury dishes so that they are able to feed themselves and others a healthy and varied diet • use more varied ingredients when preparing dishes, such as raw chicken • become competent in a range of cooking techniques 	<p>Cooking for Families – pupils will have the opportunity to develop their knowledge about:</p> <ul style="list-style-type: none"> • investigating and preparing healthy family meals • learning how to use the hob safely • how to use some high risk foods eg chicken, safely • their own practical skills and how to develop them further
SPRING TERM	
<p>Throughout the term pupils will have the opportunity to develop the following skills:</p> <ul style="list-style-type: none"> • Select from and use a wide range of tools and equipment to perform practical tasks • Use knowledge of ingredients to adapt recipes • Prepare some simple recipes including healthy salads • Evaluate their ideas and products against their own design criteria • The safe use of a knife 	<p>Introduction to Food – pupils will have the opportunity to develop their knowledge about:</p> <ul style="list-style-type: none"> • How to work safely and hygienically with food • The names of some basic equipment • A healthy diet using the Eatwell Guide
SUMMER TERM	
<p>Throughout the term pupils will have the opportunity to develop the following skills:</p> <ul style="list-style-type: none"> • Generate, develop and communicate their ideas through discussion, annotated sketches and prototypes • Select from and use a wide range of tools and equipment to perform practical tasks • Evaluate their ideas and products against their own design criteria and consider the views of others to improve their work 	<p>Textiles – Monster vs aliens cushion project – pupils will have the opportunity to:</p> <ul style="list-style-type: none"> • Design and make a cushion • Use equipment safely and with accuracy • Use a wider range of techniques e.g. applique and machine embroidery • Evaluate completed product against criteria