

	KNOWLEDGE	SKILLS
YEAR 7	<p>Products which students will plan, prepare, cook and evaluate in year 7: Salad Jar, Scones/Fruit Crumble, Pizza, Vegetable cakes, Fish cakes, American Pancakes</p>	
	<p>Food Hygiene and Food Poisoning To gain knowledge and understanding of food hygiene including how to reduce the risk of food poisoning.</p> <p>To learn how to store, prepare and cook food safety.</p> <p>To understand how bacteria multiplies.</p> <p>To recall high risk foods</p> <p><i>Students will demonstrate this knowledge when carrying out all practical tasks.</i></p>	<p>PRACTICAL</p> <ol style="list-style-type: none"> 1. I have chosen ingredients based on the Eat Well Guide 2. I have used a sharp knife safely 3. I have used the Bridge and Claw method when cutting 4. I can chop and slice accurately 5. I can measure liquid with a measuring jug 6. I can weigh ingredients with an electric scale 7. I can use measuring spoons 8. I can complete the rubbing in method 9. I can combine mixture to make a scone dough 10. I can use cutters to make scones 11. I can use the oven safely 12. I can use a grater safely 13. I can roll out using a rolling pin 14. I have considered presentation of food 15. I can make a cake using the all-in-one method 16. I use a masher to mash potato 17. I can use a hob safely 18. I can boil on the hob 19. I can fry 20. I can establish when something is cooked 21. I have followed a good personal food hygiene routine 22. I have stored my food properly considering bacteria 23. I can wash up effectively
	<p>Eatwell Guide and Nutrition To develop a range of practical skills and produce products that are conducive with the Eatwell Guide and healthy eating principles.</p> <p>To recall different food groups within the Eatwell Guide and understand the proportions which the body require.</p> <p>To identify macro-nutrients and micro-nutrients.</p> <p>To adapt standard recipes to consolidate their knowledge of nutrition and healthy eating, based on the Eatwell Guide.</p> <p>To describe how macronutrients affect the body, especially focusing on carbohydrates and protein.</p>	
	<p>Safe Cooking Method To demonstrate safe use of an oven and cooking on the hob for example boiling and frying.</p>	
	<p>Function of Ingredients To describe why ingredients are being used and their function in a product, including a raising agent.</p>	<p>ANALYSIS & EVALUATION</p> <ol style="list-style-type: none"> 1. I can complete a full sensory analysis. 2. I can use a range of adjectives to describe a food product. 3. I evaluate my own work considering all senses. 4. I can reflect on my practical skills in order to improve.

