

Year 7 Learning Journey



Applying skills and knowledge to plan and make healthy meals

Developing Practical Cooking skills

End

The main Food groups

Healthy Eating

Introduction To the Eatwell Guide

Learning safe methods of use of knives, graters and peelers

Different meats that we eat, where they come from.

Investigate dairy products and alternatives

Learning about and cooking with staple foods wheat, dairy and meat

Where Our Food Comes From

Variety of foods produced in the UK



Working in a group and with a partner, teamwork

Developing Practical Cooking skills

Learning kitchen routines when cooking



Start

Preparing to cook

Food Hygiene

Identifying key hazards

Safety in the Kitchen

The importance of fruit and vegetables

Eat 5 A Day



Developing practical skills preparing a variety of fruit and vegetables

Establishing routines

Able to work safely

Teachers notes..... The work is planned in one 9 week carousel. The block develops knowledge and skills which the students can take forward into Y8 and Y9 and their lives, or further study in Y10 or 11 with the ASDAN Foodwise short course * level of independence will vary according to ability of student.

