

Food and Nutrition Curriculum – Year 7

Lesson	Lesson Title
1.	Kitchen safety, Knife Safety and How to Clean
2.	Healthy Eating Basics – The Eatwell Guide
3.	Fruit Salad – Knife Skills - Bridge Hold and Claw Grip
4.	Heat Transfer – The Oven, Grill and Hob
5.	Fruit Crumble – Using the Oven
6.	Protein - Eggs
7.	Omelette – Using the Hob
8.	Grilled Cheese on Toast – Using the Grill
9.	Carbohydrate - Dextrinisation
10.	Cheese Scones – Dextrinisation and Protein
11.	The Rubbing-In Method
12.	Cherry Rock Buns
13.	The Creaming Method
14.	Cupcakes
15.	Food Safety and Hygiene. Food Poisoning.
16.	Flatbread Pizza – Practical Assessment
17.	Sensory Evaluation
18.	Summative Assessment
19.	Contingency Week