

Food Preparation & Nutrition- Year 7

Learning Intentions Autumn Term 2

2024- 2025

	LESSON 1
WEEK 9 wc 4 th November	<ul style="list-style-type: none">• To understand and identify the sources and function of carbohydrates in our diet.• To know the three different types of carbohydrates.
WEEK 10 wc 11 th November	<ul style="list-style-type: none">• To understand the role of cereals in our diet.• To know the processing stage of cereals.• To understand why cereals are a staple food with a link to fibre.
WEEK 11 wc 18 th November	Practical Lesson- Choc Chip Rockbuns <ul style="list-style-type: none">• To demonstrate the safe use of an oven as a method of radiation heat transfer.• To understand the rubbing-in method and why it is used in baking.• To have an awareness of the safe levels of sweet sugars in the diet.
WEEK 12 wc 25 th November	<ul style="list-style-type: none">• To understand what is required by law on a food label.• To look at the traffic light system used on food labels.• To understand the importance of allergens been displayed on ingredient lists.
WEEK 13 wc 2 nd December	PAZ LESSON
WEEK 14 wc 9 th December	Practical Lesson- Stir-Fry <ul style="list-style-type: none">• Demonstrate the bridge-hold and claw-grip knife skills confidently.• Prepare a range of ingredients, e.g. de-seeding chillies, grating fresh ginger.• Use hob safely to stir-fry ingredients, make a stir-fried dish, e.g. sizzling stir-fry
WEEK 15 wc 16 th December	<ul style="list-style-type: none">• To understand what a food allergen/ allergic reaction is.• To know what a food intolerance is.• To look at the 14 allergens and how they are listed on a food label.