

Food Preparation & Nutrition - Year 7

Learning Intentions Spring Term 1 2024-2025

	LESSON 1
WEEK 16 wc 6 th January	<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.
WEEK 17 wc 13 th January	<ul style="list-style-type: none">• To understand why we need energy.• To explain how we can achieve energy balance.• State what happens if we eat the right number of foods for our energy needs.
WEEK 18 wc 20 th January	Practical Lesson- American Pancakes <ul style="list-style-type: none">• To demonstrate the safe use of a hob.• To understand conduction as a heat transfer method.• To have an awareness of the safe levels of sweet sugars in the diet.
WEEK 19 wc 27 th January	<ul style="list-style-type: none">• To understand where bacteria come from.• To explain how we can prevent bacteria contaminating our foods.• To name symptoms of food poisoning.
WEEK 20 wc 3 rd February	Practical Lesson- Gingerbread Biscuits <ul style="list-style-type: none">• To demonstrate the safe use of a hob.• To use new pieces of equipment for biscuit making.• To have an awareness of the safe levels of sweet sugars in the diet.
WEEK 21 wc 10 th February	End of Unit Assessment Quiz