

Food Preparation & Nutrition - Year 7

Learning Intentions Spring Term 2

2024-2025

	LESSON 1
WEEK 22 wc 24 th February	<ul style="list-style-type: none">• To identify the different food groups and their representation on the Eatwell Guide.• To identify the “danger zone”.
WEEK 23 wc 3 rd March	Practical Lesson- Layered Pasta Salad <ul style="list-style-type: none">• To demonstrate the safe use of a knife.• To demonstrate the two cutting techniques of the bridge and claw.• Demonstrate the use of a convection as a method of heat transfer.• To follow the recipe and method for the making of a pasta salad.
WEEK 24 wc 10 th March	<ul style="list-style-type: none">• To understand the concept of food provenance.• To be able to categorise the different food types that are caught, grown and reared.
WEEK 25 wc 17 th March	<ul style="list-style-type: none">• To understand the term ‘seasonality’.• To categorise foods into seasons.• To learn how seasonality can affect a person’s food choice.
WEEK 26 wc 24 th March	Practical Lesson- Pizza Toasts <ul style="list-style-type: none">• To demonstrate the two cutting techniques of the bridge and claw.• Demonstrate the use of the grill as a heat transfer method.• To follow the recipe and method for the making of pizza toast.
WEEK 27 wc 31 st March	<ul style="list-style-type: none">• To identify, understand and explain the different methods of heat transfer.• To review the previous learning on the ‘Danger zone’ and apply this knowledge to the different methods of heat transfer.