

## Year 7 Food Technology Plan

Topics covered	Assessments
<p><b>Safety and Hygiene</b>            Safety in the kitchen            Hygiene rules            Use of basic kitchen equipment            Use of the cooker            Simple first aid</p> <p><b>Eatwell Project</b>            Healthy eating – cutting down on fat, sugar and salt, increasing dietary fibre            Fruit and vegetables - 5 a day            Eatwell Plate</p> <p><b>Birthday Party Project</b>            Time plans            Use of different recipes            Making pastry            Making biscuits            Design work – link with graphics</p>	<p>Each project is assessed according to National Curriculum guidelines for Key Stage 3.</p> <p>Pupils assess their own work at the end of each project. Targets are negotiated and written in the pupil planner.</p> <p>The main emphasis is on practical skills that are marked according to:</p> <ul style="list-style-type: none"> <li>- Preparation before the lesson (homework)</li> <li>- Safe and correct use of equipment</li> <li>- Working hygienically</li> <li>- Final outcome with formative feedback</li> </ul>
<p><b>Home enrichment opportunities</b></p> <ul style="list-style-type: none"> <li>• Watching cooking programmes</li> <li>• Practising recipes at home</li> <li>• Reading recipes, food magazines</li> <li>• Helping with shopping, preparing food at home</li> </ul>	