







During this topic you will develop and demonstrate the following PLTS:

Subject: Food

Year: 7 Teaching block: 1

Topic: Kitchen basics and healthy eating

Assessment week: 3rd December

Creative thinker		Team player	
Reflective learner ✓		Effective participator	
Independent enquirer ✓		Self- manager ✓	

What I will learn?

The importance of hygiene and washing up in the kitchen and food production
Basic knife and practical skills
How to weigh and measure ingredients
The Eatwell Guide and the eight tips for healthy eating
How to carry out a nutritional analysis and the importance of this
How to complete a costing and the importance of this at home and in industry
How to write an evaluation

Key vocabulary for this topic

hygiene	safety
weighing	evaluation
measuring	Nutritional analysis
Bridge hold	Claw grip
Eatwell Guide	

What the best students will be able to do at the end of this topic:

- Students will know the importance of good hygiene and safety in the kitchen
- They will be able to accurately weigh and measure ingredients and read scales on scales and measuring jugs
- They will hold a knife safely and carry out basic cuts.
- They will be able to analyse recipes using a nutritional analysis programme and explain how they can be modified to be healthier
- Students will be able to complete product costings and analyse them with confidence.

HOMEWORK

Independent Study

What?	When?	Tick when completed
Use website to learn about Eatwell Guide	w/c 1 st Oct	
Update knowledge organiser and complete key word definitions	w/c 15 th Oct	
Create your own revision material on all of the topics covered in this teaching block	w/c 12 th Nov	
Revision for assessment	w/c 26 th Nov	

