







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?	Completed	RAG
The importance of hygiene and washing up in the kitchen and food production	<input type="checkbox"/>	
Basic knife and practical skills	<input type="checkbox"/>	
How to weigh and measure ingredients	<input type="checkbox"/>	
The Eatwell Guide and the eight tips for healthy eating	<input type="checkbox"/>	
How to carry out a nutritional analysis and the importance of this	<input type="checkbox"/>	
How to complete a costing and the importance of this at home and in industry	<input type="checkbox"/>	
How to write an evaluation	<input type="checkbox"/>	

Key vocabulary for this topic:

Key Word	Definition	Key Word	Definition
hygiene		safety	
weighing		evaluation	
measuring		nutritional analysis	
bridge hold		claw grip	
Eatwell Guide			

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	

Eatwell Guide

<https://www.bhf.org.uk/heart-matters/healthy-eating-toolkit/eatwell-plate-toolkit/eatwell-plate>

Knife cuts and holds

Eight tips to healthy eating

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

**Kitchen basics
and healthy
eating
KNOWLEDGE
ORGANISER**

Weighing and measuring

Importance of costings

Importance of evaluations

Importance of nutritional analysis

Health and safety rules in kitchen