

**Oasis Academy Arena Curriculum Term Plan:  
Food Technology Year 7**

Reviewed/Updated December 2018 by C Gbedemah

Year:	7	Term:	2a	Topic:	Food Science		
Aspects of Learning		Key Expected Learning Outcomes			Homework		Framed work
1) Understanding a balanced diet.		I will identify and understand key vocabulary in a balanced diet. I will describe and demonstrate the processes involved in making sure all mains contain the five food groups. I will suggest ideas to create a range of meals to make a balanced diet can be part of a healthy lifestyle.  <u>*Can you create meals to ensure infants receive a balanced diet?</u>					
2) Introduction to recipes, ingredients and methods.		I will identify and understand the key vocabulary in a recipe. I will describe and demonstrate how ingredients are used in the cooking process. I will create a step by step plan that I will follow to ensure I have checked myself, the workspace and the ingredients.  <u>*Can you explain the hazardous effects of not following a checklist before starting to cook?</u>			Research – Different types of oils and fats.		
3) Cheese cake.		I will identify and understand the ingredients in the dish. I will describe and demonstrate the processes involved in making the dish safely. I will evaluate the finished dish using TATSS.  <u>*Can you explain the difference between saturated fats and unsaturated fats?</u>			Research – different recipes to find out the nutrients in cheesecake.		Extended writing – Macronutrients in Cheesecake.
4) Knife skills.		I will identify and understand basis vocabulary for knife skills in the kitchen. I will describe and demonstrate the safe and accurate processes involved in using knife skills. I will suggest dishes that can be made using the different knife skills.  <u>*Can you recommend hygiene safety suggestions when cutting different foods?</u>			Research – Different types of proteins.		
5) Pinwheels.		I will identify and understand the ingredients in the dish. I will describe and demonstrate the processes involved in making the dish safely. I will evaluate the finished dish using TATSS.  <u>*Can you describe and assess what dough is, its properties and how it can be used in a variety of ways in cooking?</u>			Research – Knife skills used for different dishes.		
6) Chicken Fajitas.		I will identify and understand the ingredients in the dish. I will describe and demonstrate the processes involved in making the dish safely. I will evaluate the finished dish using TATSS.  <u>*Can you suggest how you could change this recipe to suit the needs of a toddler?</u>					Extended writing – Macronutrients in Chicken fajitas.
7) Evaluation.							

<p>Development of literacy including key vocabulary</p> <p>Key word: Nutrients, Macronutrients.</p> <p>Key terms: preparation skills</p>	<p>Development (where appropriate) of numeracy</p> <p>Measuring nutrients.</p>
<p>Resources to support teaching and learning</p> <p>British Nutrition Foundation. Food a Fact of Life.</p>	
<p>Development of the nine habits</p> <p>Compassionate - toward other students and support their learning.</p> <p>Patient – with other students when sharing information.</p> <p>Self-control- in the practical and theory lessons to ensure personal hygiene, kitchen hygiene and the safety of all is respected.</p>	