

<b>Subject</b>	Food & Nutrition
<b>Term</b>	Rotation 1&2
<b>Duration (approx.)</b>	18 hours
<b>Module</b>	Healthy Eating, food Hygiene & safety

### **Skills and concepts to be developed and assessed (linking to identified AOs)**

Designing task linking back to eat well guide  
 Designing a healthy layered salad and make it  
 Designing a label for the healthy salad  
 AO2 List of products made during year 7  
 Coleslaw  
 Chicken risotto  
 Sausage hotpot  
 Chicken/chickpea curry  
 Rock cakes  
 Pizza pinwheels  
 Stir fry  
 Design your own healthy layered salad  
 Seasonal practical  
 AO3 Evaluation of existing food products  
 Nutritional value of dishes created  
 Evaluation of own and fellow pupils' products.  
 Ingredient selection and justification.

### **Factual knowledge to be taught and assessed (including subject specific vocabulary).**

AO4 Hygiene and safety  
 Bacterial growth  
 Food poisoning  
 Macro nutrients – protein, fat, carbohydrates  
 Micro nutrients – vitamins A,B,C,D Minerals  
 Calcium, iron, sodium  
 Design a new healthy dish  
 Packaging and labelling

### **Formative Assessment/key piece of work prior to end of unit:**

In this module we will be assessing the following:

- AO1: Designing skills
- AO2: Making skills
- AO3: Evaluating
- AO5: Food Preparation & Nutritional Knowledge

### **Summative Assessment**

AO1 Designing - Designing task linking back to eat well guide  
 AO2 Making – Pupils will be assessed against AO2 for all food products made in practical lessons listed above.  
 AO3 Evaluating – Practical review, Layered Salad design  
 AO5 Food Prep & Nutrition - Hygiene and safety, Bacterial growth, Food poisoning, Macro nutrients – protein, Micro nutrients, Packaging and labelling.

### **Building Retention: What prior learning must be built upon/revisited and how will it be assessed?**

Year 7 arrive with very little or no formal knowledge of food and nutrition. Therefore the aim is to establish a baseline skills set that will set them up to be successful moving forward at KS3.

### **Spelling-Punctuation-Grammar**

#### **How will you promote high standards within this module?**

There are good opportunities to promote good standards of literacy through the use of extended writing. Pupils will have the opportunity to link their knowledge of the eatwell guide within the design task. A focus on quality of annotation and justification of selection of ingredients will be a key area for pupils to practice their literacy skills.

#### **Link forward: where next for the learning?**

The focus for year 8 is for pupils to apply their knowledge of healthy eating guidelines to develop and adapt recipes to meet specific needs. We will look at where our food comes from and environmental issues regarding food waste. We will revisit these key areas throughout year 8. Food safety and hygiene will be reviewed prior to restarting practical lessons, a focus for the first practical will be the safe preparation of food. This will be assessed as part of the formative assessment detailed above