

Year 7 Food Learning Outcomes

Unit 1: Food Choice and Provenance

Through practical work, students will be taught basic cookery skills, applying the principles of food provenance, basic nutrition (through the guidance of the Eat well guide), food safety and sensory analysis. Desired learning will develop:

- Weighing skills, fruit preparation, stewing, rubbing in, safe use of the oven.
- Preparation of dried fruit, zesting, use of the creaming method and shaping using the hands.
- Knife skills in slicing and fruit preparation, measuring liquids, zesting, safe use of the kettle.
- Skills in fine dicing, snipping and safe use of the grill.
- Reinforcement of rubbing in, accurate measuring and use of a liquid, use of an egg, beating, zesting, handling a dough, shaping using a rolling pin and a cutter or the hands.
- Reinforcement of knife skills, skills in grating, making a paste, garnishing.
- Reinforcement vegetable preparation skills and an understanding of salad dressings.
- Safe preparation of chicken and the use of the hob.
- Skills in cooking an egg, steaming vegetables and reinforce the use of the hob.