

Year 7 Food

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 Eatwell guide), food safety and sensory analysis. Practical contexts for this work will be selected from:

- Crumble: to develop weighing skills, fruit preparation, stewing, rubbing in, safe use of the oven.
- Cookies: to develop preparation of dried fruit, zesting, use of the creaming method and shaping using the hands.
- Fresh fruit salad: to develop knife skills in slicing and fruit preparation, measuring liquids, zesting, safe use of the kettle.
- Cous cous salad: to develop skills in fine dicing, snipping and safe use of the grill.
- Scones: to reinforce skills in rubbing in, accurate measuring and use of a liquid, handling a dough, shaping using a rolling pin and a cutter.
- Quick Pizza: to reinforce knife skills, develop skills in grating, making a paste, garnishing.
- Coleslaw: to reinforce vegetable preparation skills and an understanding of salad dressings.
- Rock Cakes: to reinforce skills in rubbing in, develop skills in the use of an egg, beating, zesting, shaping using the hands.
- Chicken wraps: to develop safe preparation of chicken and the use of the hob.
- Salad Nicoise: to develop skills in cooking an egg and steaming vegetables.

Advice to students for independent study

- Keep recipes up to date in your book, and adapt for different family preferences and/or dietary requirements as necessary.
- Practise skills learned in lessons at home.