



# Richard Lander School

## Food – Year 7

During Year 7 students will learn about the Eat Well Guide and healthy living, whilst discovering key nutritional points that will enable them to make successful choices in their diet and cooking.

	Lesson objectives	Lesson overview
1	The importance of a healthy and varied diet as depicted by the Eat Well Guide. The nutrients provided by different foods.	During this lesson students are introduced to the EWG and the nutrients provided by it for a healthy and balanced lifestyle.
2	Identify different fruits and their importance in the diet. Understand how to prepare food safely and hygienically.	Students will learn basic knife skills including the bridge and claw grip and how to use this safely within a practical lesson in the food room. They will also watch a demonstration of fruit salad in preparation for the first practical lesson.
3	Learning to become more familiar with, and confident in using the cooking area	During this practical lesson students will learn the basics of food hygiene and preparation whilst creating a fruit salad to take home.
4	Prepare and combine ingredients to make a successful product.	This lesson prepares students by allowing them to practice their weighing and measuring skills. They will watch a demonstration of fruit muffins to carry out next lesson.
5	Following a recipe to produce a quality result.	During this practical lesson students will carry out the basics of food hygiene and preparation whilst creating a batch of fruit muffins and learning about oven management.
6	To understand the importance of a healthy and varied diet as depicted by the EWG.	Students will watch a demonstration of a pasta salad recipe and will then identify ingredients that they will use in their own recipe the following lesson. They will consider which section of the EWG these ingredients come from and will evaluate their overall product to ensure it fits well into the EWG, to give a healthy and balanced meal.
7	Following a recipe to produce a quality result.	During this practical lesson students will carry out their food hygiene and safety checks before creating a balanced pasta salad recipe.
8	Understand the principles of cleaning and preventing cross contamination	Students must consider the principles of cross contamination and how to stop this from happening. Identifying hazards and their controls in the food room whilst watching the demonstration of safe practice to prepare fajitas.
9	Following a recipe to produce a quality result.	During this practical lesson students will carry out their food hygiene and safety checks before creating fajitas, they must ensure they use the correct equipment and utensils to avoid cross contamination.
10	Consider how food choice is influenced by where and how food is produced.	This lesson introduces students to the Red Tractor Logo and British foods. Students will observe a vegetable soup demonstration where a discussion will take place about the importance of local produce and the quality, cost and

		effect on their carbon footprint. Students will then formulate their own opinions of these qualities to convince people to buy local produce.
11	Following a recipe to produce a quality result.	During this practical lesson students will work in groups to create a vegetable soup. They will add seasoning and flavours accordingly and learn how to boil, simmer and blend a product.
12	Know how food choice is influenced by availability and seasonality.	This lesson will focus on the quality of seasonal produce. We will have a class discussion on why eating/buying seasonal produce is better in terms of cost, quality, sensory and environmental factors. A demonstration of using local and seasonal produce to create an apple crumble will take place.
13	Following a recipe to produce a quality result.	During this practical lesson students will carry out their food hygiene and safety checks before using a new skill of rubbing in, to create a crumble topping. They will also use seasonal fruits to create the filling of their crumble.
14	Discover how to use electrical equipment efficiently and apply heat in different ways.	Students will learn how to use the different types of cookers that we have in the school food rooms and how to manage the grill heat effectively, to produce toast! They will consider the energy used and ways in which to save energy whilst cooking. This is linked to the wider issue of global warming and the effect this has on the environment.
15	Use nutrition information to make informed choices about food choice.	Students will identify the different nutritional properties in certain types of drinks. These will range from the everyday milk, juice, squash and fizzy varieties and will then come to conclusions as to which one is the most beneficial in terms of health and nutrition and why.
16	Discover how to use taste, texture and appearance to decide on how to combine different ingredients.	After watching a demonstration of two different types of scone product – one sweet and one savoury, students will analyse these using a range of sensory properties and descriptive words, in order to select appropriate ingredients for their own practical the following lesson.
17	Following a recipe to produce a quality result.	During the practical lesson students will carry out their food hygiene and safety checks before creating a batch of either sweet or savoury scones.
18	Learn how food is processed in different ways	Food manufacture and production plays a large role in everyday society and during this lesson students will look at pasta and how it is processed into the final product. They will study the structure of the wheat grain and identify the different parts before making a batch of fresh pasta.
19	Modify a recipe to reflect current healthy eating messages	Following a demonstration of pizza, students will use the Eat Well Guide to choose toppings for their own pizza that will reflect current healthy eating guidelines and diets.
20	Following a recipe to produce a quality result.	During the practical lesson students will carry out their food hygiene and safety checks before creating a pizza of their own design that reflects current healthy eating guidelines.