

**WHAT ARE THE BIG AIMS OF YEAR 7?**

1. Pupils develop competence and confidence in their performance of skills/ techniques in the kitchen
2. Pupils understand and apply the key principles of nutrition and health
3. Pupils understand how to cook a range of dishes so that they can feed themselves and others independently
4. Pupils understand the four key nutrients (macro and micro nutrients) in relation to the Eatwell Guide
  - a. Carbohydrates (complex and Simple)
  - b. Protein
  - c. Fats
  - d. Vitamins and minerals
5. Pupils will understand the source of each nutrient and understand the characteristics of a broad range of ingredients

**WHAT WILL EXCELLENCE LOOK LIKE IN YEAR 7?**

By the end of this unit a pupil displaying excellence will have developed the ability to explain and understand the 4 main nutrients and their functions. (Carbohydrates, Fats, Protein and Vitamins & Minerals). Within this unit of work a pupil displaying excellence will be able to clearly relate these nutrients within different foods and know the function of the nutrient. Pupils will demonstrate a variety of different practical skills. they will be able to use a combination of techniques for a range of different utensils. Pupils will have an excellent understanding of what makes a healthy balanced dish. Pupils will be able to create a range of dishes and highlight the importance of the nutrient within that dish explaining the importance of the nutrient. Pupils will demonstrate high quality health and safety within the cooking area ensuring they are working within the health and safety guidelines. They will show great confidence and independence within each lesson, when preparing a range of dishes.

**WHAT KNOWLEDGE DO THE PUPILS NEED TO ACQUIRE?**

- Understand the H&S guidelines within the kitchen through cooking a range of dishes, using utensils correctly
- Understand the four main nutrients and their functions.
- Understand the importance of a healthy balanced diet in accordance to the Eatwell Guide
- Understand how each of the 4 nutrients has an effect in the body
- Know the food sources of each of the nutrients
- How to analyse food using key terminology

**WHAT SKILLS DO THE PUPILS NEED TO DEVELOP?**

- How to use a range of utensils
- Create a range of dishes using a range of practical skills
- Apply the H&S regulations within the kitchen (Using the hob and oven)

**WHAT MISCONCEPTIONS MAY THEY HAVE FROM PREVIOUS LEARNING?**

- How to the use of certain utensils correctly
- The source of ingredients
- Recognising hich descriptive words link to analysis (eg. taste, texture, aroma appearance- which one would lumpy fall into)
- Diet means losing weight

**WHAT ASSESSMENTS WILL BE USED ACROSS THE YEAR TO DEMONSTRATE HOW THE PUPILS HAVE ACQUIRED THE KNOWLEDGE AND DEVELOPED THE SKILLS?**

AfL Opportunities - Q&A, Observation of Pupil Performance

Knowledge Checkers and Hinge Questions – Multiple Choice Snapshots, Written and Orally conducted to gauge understanding of knowledge

Summative Assessment Lessons – To be utilised at the end of each unit of work.