

Year 7 Design & Technology - Cooking & Nutrition Learning Programme 3

<p>The LORIC skill focus for this LP is: RESILIENCE The Moral Virtues focus for this LP are: RESPECT and JUSTICE Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable.</p> <p>What will I be learning about in this Learning Programme? To understand the risks to safety in the kitchen, to include the 4 'Cs' of bacteria and hygiene. To know and identify the food groups on the Eatwell guide. To know food provenance and the environmental issues of food seasonality. To know how to demonstrate the different knife cutting methods (bridge and claw methods). To know how to operate the hob and heat controls.</p> <p>Where have I seen this learning before? In KS2 you will have learnt the principles of a healthy and varied diet. You will have prepared and cooked a variety of predominantly savoury dishes using a range of cooking techniques.</p> <p>What could I use it for? The topics in this Learning Programme are the key building blocks for many food topics over your next 5 years and will have links into many other subjects you study. It will also equip you with recipes to cook healthy balanced meals at home.</p>		<p>Literacy:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly
<p>In LP3.1, I will know: 06/01/25 - (WK 2)</p> <p>what hazards exist in the food room and the control measures for safety; what is meant by the 4Cs of food safety.</p>	<p>Key Vocabulary</p> <p>Hygiene</p>	<p>Homework</p> <p>Safety in the food room.</p>
<p>In LP3.2, I will know: 13/01/25 - (WK 1)</p> <p>how to demonstrate safe knife skills using the bridge and claw methods; how to apply safe knife skills to make a healthy Fruit Salad dish.</p>	<p>Key Vocabulary</p> <p>Bridge & claw method</p>	<p>Homework</p> <p>Food safety and food poisoning.</p>
<p>In LP3.3, I will know: 20/01/25 - (WK 2)</p> <p>how to use weights and measures so that the correct amount of ingredients are used; how to apply the preparation and cooking techniques to make a fruit crumble.</p>	<p>Key Vocabulary</p> <p>Rubbing in method</p>	<p>Homework</p> <p>Weighing & measuring task.</p>
<p>In LP3.4, I will know: 27/01/25 - (WK 1)</p> <p>how to categorise foods according to the Eatwell Guide.</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Proportions</p>	<p>Homework</p> <p>The Eatwell Guide and my diet.</p>
<p>In LP3.5, I will know: 03/02/25 - (WK 2)</p> <p>why it is important to consider the provenance and seasonality of foods; how to apply the preparation and cooking techniques to make a bolognaise.</p>	<p>Key Vocabulary</p> <p>Food miles</p>	<p>Homework</p> <p>Where does food come from?</p>
<p>In LP3.6, I will know: 10/02/25 - (WK 1)</p> <p>how to apply the preparation and cooking techniques to make a chicken stir fry.</p>	<p>Key Vocabulary</p> <p>Hob safety</p>	<p>Homework</p> <p>Evaluating my stir fry.</p>
<p>LP3 RLW, I will: 24/02/25 - (WK 2)</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p>Key Vocabulary</p> <p>Revision strategies</p>	<p>Homework</p> <p>Revise for summative assessment.</p>
<p>In LP3.7, I will know: 03/03/25 - (WK 1)</p> <p>how to apply the preparation and cooking techniques to make scones.</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Adapt</p>	<p>Homework</p> <p>Adapting a recipe.</p>
<p>Resources to support learning: The following websites contain extensive revision material and information to increase Cooking & Nutrition subject knowledge: www.food.gov.uk; www.bbc.co.uk/bitesize; www.foodfactoflife.org.uk; www.britishnutritionfoundation.co.uk; www.bbcgoodfood.co.uk.</p>		
<p>FFET Award Challenge for this Learning Programme: Design, make and present a recipe for a nutritious and healthy muffin.</p>		

PRT Task 1

PRT Task 2