

## Year 7 Design & Technology - Cooking & Nutrition Learning Programme 5

The LORIC skill focus for his LP is: COMMUNICATION.		<b>Literacy:</b> <ul style="list-style-type: none"><li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li><li>• Full stops must be used at the end of a sentence</li><li>• Question marks must be used at the end of a question</li><li>• Apostrophes should only be used for possession or omission</li><li>• Days of the week and months must be spelled correctly</li><li>• Key words must be spelled correctly</li></ul>		
The Moral Virtues focus for this LP are: COURAGE and HUMILITY.				
Courage - Acting with bravery and overcoming fears.				
Humility - Having a modest view of oneself.				
<b>What will I be learning about in this Learning Programme?</b> You will develop your knowledge of the functions of nutrients including understanding the difference between macro and micro nutrients. You will learn how we need to adapt our diet depending on our age in order to meet our changing nutritional needs. You will understand the importance of food labelling to meet the needs of those with allergies or intolerances, or who have special dietary needs.				
<b>Where have I seen this learning before?</b> In year 7 you learnt about controlling the 4Cs of food safety to prevent food poisoning bacteria multiplying and how to ensure our food is safe to eat. You also developed knowledge of the Eatwell Guide to ensure a healthy and balanced diet.				
<b>What could I use it for?</b> The topics in this Learning Programme are the key building blocks for many food topics over your next 4 years and will have links into many other subjects you study. It will also equip you with knowledge and recipes to cook healthy balanced meals at home.				
<b>In LP5.1, I will know:</b>		<b>12/05/25 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
what hazards exist in the food room and the control measures for safety; what is meant by the 4Cs of food safety.			Hygiene	Safety in the food room.
<b>In LP5.2, I will know:</b>		<b>19/05/25 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
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.			Bridge & claw method	Food safety and food poisoning.
<b>LP5 RLW, I will:</b>		<b>02/06/25 - (WK 1)</b>		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.			Revision	Use revision techniques to prepare for the summative assessment.
<b>In LP5.3, I will know:</b>		<b>09/05/25 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
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.			Rubbing in method	Weighing & measuring task.
Extended Task.				
<b>In LP5.4, I will know:</b>		<b>16/06/25 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to categorise foods according to the Eatwell Guide.			Proportions	The Eatwell Guide and my diet.
<b>In LP5.5, I will know:</b>		<b>23/06/25 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
why it is important to consider the provenance and seasonality of foods; how to apply the preparation and cooking techniques to make a bolognaise.			Food miles	Where does food come from?
<b>In LP5.6, I will know:</b>		<b>30/06/25 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to apply the preparation and cooking techniques to make a chicken stir fry.			Hob safety	Evaluating my stir fry.
Extended Task.				
<b>In LP5.7, I will know:</b>		<b>07/06/25 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to apply the preparation and cooking techniques to make scones.			Adapt	Adapting a recipe.
<b>Resources to support learning:</b> The following websites contain extensive revision material and information to increase Cooking & Nutrition subject knowledge: <a href="http://www.food.gov.uk">www.food.gov.uk</a> ; <a href="http://www.bbc.co.uk/bitesize">www.bbc.co.uk/bitesize</a> ; <a href="http://www.foodfactoflife.org.uk">www.foodfactoflife.org.uk</a> ; <a href="http://www.britishnutritionfoundation.co.uk">www.britishnutritionfoundation.co.uk</a> ; <a href="http://www.bbcgoodfood.co.uk">www.bbcgoodfood.co.uk</a> .				
<b>FFET Award Challenge for this Learning Programme:</b> Design, make and present a recipe for a nutritious and healthy muffin.				

PRT Task 1

PRT Task 2