

Year 7 Food Technology Overview

Unit	Learning Objectives/Outcomes
Fruit crumble	<ul style="list-style-type: none"> • Function of ingredients (fat) • Principles of rubbing in • Weighing out • Explain the consequences of poor of personal hygiene • Top tips for rubbing in with reasons
Cheese Scones	<ul style="list-style-type: none"> • Function of ingredients (flour) • Which flour when? • Rubbing in • Portioning & batch baking • Be able to explain our choice of flour • How the taste and texture can be altered
Scone based Pizza	<ul style="list-style-type: none"> • Choices of ingredients • Basic nutrition Preparing ingredients • Adding liquid accurately • Rolling out • Know the five nutrients and their function • Consequence of inaccurate measuring
Savoury Tarts Assessment Lesson	<ul style="list-style-type: none"> • Ratio of fat to flour & choice of flavours • Dietary goals • Adding liquid accurately • Rolling out • Consequences of poor food choices • Adapting recipes to make them healthier
Soup	<ul style="list-style-type: none"> • Seasonal vegetables • Seasoning and flavouring • Hob control • Knife skills • Beginning to understand classification of vegetables • Tasting and adjusting
Sliders	<ul style="list-style-type: none"> • Safe handling of raw meat • Identify the different chopping boards and when to use them • Preparing ingredients

	<ul style="list-style-type: none"> • Baking, grilling, frying • Consequences of poor food hygiene • Understanding difference between the different cooking methods
Bolognese	<ul style="list-style-type: none"> • Cross contamination • Simmering and boiling • Hob control • Knife skills • Demonstrating controlled simmering of the sauce • Conditions for bacterial growth
Fish Fingers	<ul style="list-style-type: none"> • Types of fish • Production line manufacturing • Paneing • Team work & eating together • Classification of fish with examples • The importance of portioning
Bread Rolls	<ul style="list-style-type: none"> • Function of yeast as a raising agent • Characteristics of flour • Adding liquid accurately • Shaping • How flours work in a recipe • Different ways of handling a mixture
Pasta Gratin Assessment Lesson	<ul style="list-style-type: none"> • Reading a recipe • What is au gratin? • Following a recipe • To au gratin • The importance of following a recipe • Good hob control
Seasonal Foods/Celebrat ions	<ul style="list-style-type: none"> • Importance of food in different culture • Presentation and serving of food • Following a recipe • Mise en place • Understanding of food within celebrations • Garnishes and the importance
Showcase	<ul style="list-style-type: none"> • Choosing & following a recipe