

**Design Technology:
Y7 Food & Nutrition**

1

Pre-Assessment
Baseline test on Food & Nutrition

2

Home Learning & Key Words Spellings Test

Fruit Salad – Knife skills, Bridge & Claw.

Croque Monsieur / Mini pizza
Methods of cooking, dextrinisation
Use of the grill

Experimental work
Oxidation of fruit

Peer Assessment
Scones Practical

3

Spaghetti Bolognese – preparation & cooking of meat & vegetables, use of hob to make a sauce, seasoning of food.

6

Application of Skills and Knowledge

Teacher PINS Assessment
Scone Practical

5

Savoury Scones – Rubbing in method, shaping & use of the oven.

4

Self-Assessment
Spaghetti Bolognese Practical

Monitoring my Progress

Task	Date Completed
1	Score:
2	Score:
3	
4	
5	
6	

Links to Prior Learning

- **Eatwell guide** - Understand what a healthy & varied diet is
- **Prepare and cook** a range of dishes using a variety of cooking techniques
- Understanding where food comes from and **seasonality** of ingredients

Key Words

Eatwell guide, protein, carbohydrates, food poisoning, cross contamination, seasonality, bacteria, hygiene & safety, baking, simmering, bridge & claw, germs