

Year 7 Curriculum map

Topic / Unit: Fundamentals of Food & Nutrition.

Month	Week number	Date	2024 / 2025 Academic year	Year 7	Year 7	Year 7	Year 7 - Weekly homeworks include - Recipes & Sensory analysis & evaluations.	Year 7		
	Week	Dates	Practical	Theory Lesson. - Topics (new declarative knowledge)	Link to AQA FPN Specification	Homework	Homework links			
Term one - Rotation 1										
Sept	1	2-Sep	1st	2nd & 3rd eptember	Inset days			See Google classroom		
	2	9-Sep	2nd			No Practical - L1. Intro, admin & Food hygiene, health & safety.	L2. Bacteria & the 4C's.	Section 3 - Food safety	Design an informative poster on how to prevent food poisoning. Include a labelled drawing of a thermometer showing the danger zone and the safe zones for preventing food poisoning.	See Google classroom
	3	16-Sep	3rd			FPT 1 - Carrot & celery sticks (Knife skills & classic vegetable cuts)	L3. Equipment & measuring (in Food room)	Section 2 - Food science	Convert the cake recipe given, follow the instructions on the home learning PowerPoint on Google classroom. Recipe: Fruit smoothie or fruit kebab.	See Google classroom
	4	23-Sep	4th	20th September	All staff TD*	FPT 2 - Chicken Nuggets & dip (Heat transfer)	L4. Reasons for cooking & heat transfer	Section 2 - Food science	Complete the oven worksheet, see Google classroom for instructions. Recipe: Quorn or courgette nugget.	See Google classroom
	5	30-Sep	5th			FPT 3 - Apple Crumble (Fast & slow energy release)	L5. Digestion & Energy needs	Section 1 - Food, Nutrition & Health	Design an information poster to tell people what happens to their food once it enters their mouths? Your poster needs to include these words: Recipe: Own fruit crumble.	See Google classroom
Oct	6	7-Oct	6th			FPT 4 - Cous Cous and roasted Veg (5-a-day, healthy eating guidelines)	L6. Healthy eating guideline lesson 1 (The Eatwell guide)	Section 1 - Food, Nutrition & Health	Research and write an article to inform students in Westfield academy about the benefits of healthy eating using; following the dietary guideline – Include the negative impacts of a poor diet. Recipe: Own	See Google classroom
	7	14-Oct	7th			FPT 5 - Potato wedges & coleslaw (Composite dish - starchy carbohydrate)	L7. Healthy eating guideline lesson 2 (8 tips for healthy eating)	Section 1 - Food, Nutrition & Health	Create a mind-map of food items that contribute towards the illness / diseases identified in the Moodboard shown in the PowerPoint – see Google classroom. Explain why the food listed are unhealthy. Recipe: Sweet potato wedges & own coleslaw recipe.	See Google classroom
	8	21-Oct	8th			L8. Function of ingredients (in bread) & yeast experiment <i>planning</i>	L9. Explore the conditions necessary for yeast to grow investigation (Experiment)	Section 6 - NEA 1	Produce a research page on the different types of yeast (fresh yeast, dried yeast & fast action yeast).	See Google classroom
Half Term			Half-term	28th October - 1st November						
Nov	1	4-Nov	1st			FPT 6 - Seeded bread rolls - plaited. (function of yeast.)	L10. Functions & deficiencies of water & fibre	Section 1 - Food, Nutrition & Health	Produce a revision mind-map on food safety and nutrition (The Eatwell guide, 8 tips for healthy eating the 5 nutrients, water & fibre).	See Google classroom
	2	11-Nov	2nd			FPT 7 - Scone based Pizza & topping (seasonality & support for local farmers)	L11. Food labelling (What must be on a label & traffic lights labels)	Section 5 - Food provenance	Create a cheese scone food label, follow the instructions on the Traffic light labelling worksheet given on Google classroom. Recipe: Own savoury or sweet scone recipe.	See Google classroom
	3	18-Nov	3rd			FPT 8 - Chocolate cupcakes	L12. Food miles, Seasonal foods & ethical views.	Section 4 - Food choice	Research and produce an article on how to reduce food waste in the UK. Complete the seasonality chart of foods grown in the UK. Recipe: Yeast-based pizza.	See Google classroom
	4	25-Nov	4th			L13. Sensory analysis & tasting - <i>Biscuits taste testing</i>	Autumn term Test - 1	Section 4 - Food choice	Modify the chocolate cupcake (https://www.bbcgoodfood.com/recipes/amazing-chocolate-cupcakes) and create a pictorial (with images) recipe card.	See Google classroom
Dec	5	28-Nov	5th	28th - & 29th November	Inset & OD*					See Google classroom
	6	2-Dec	6th			Bonus lesson - Glass stained biscuits	Bonus lesson - Nutritional analysis (of	Section 1 - Food, Nutrition & Health		See Google classroom
	7	9-Dec	7th			Bonus lesson - Sensory analysis of Minced pies	Bonus lesson - Food packaging (produce	Section 4 - Food choice		See Google classroom
Christmas Break			Christmas Break	20th December to 3rd January 2025						
Term two - Rotation 2										
Jan	1	6-Jan	1st	6th January	Inset day	No Practical - L1. Intro, admin & Food hygiene, health & safety.	L2. Bacteria & the 4C's.	Section 3 - Food safety	Design an informative poster on how to prevent food poisoning. Include a labelled drawing of a thermometer showing the danger zone and the safe zones for preventing food poisoning.	See Google classroom
	2	13-Jan	2nd			FPT 1 - Carrot & celery sticks (Knife skills & classic vegetable cuts)	L3. Equipment & measuring (in Food room)	Section 2 - Food science	Convert the cake recipe given, follow the instructions on the home learning PowerPoint on Google classroom. Recipe: Fruit smoothie or fruit kebab.	See Google classroom
	3	20-Jan	3rd			FPT 2 - Chicken Nuggets & dip (Heat transfer)	L4. Reasons for cooking & heat transfer	Section 2 - Food science	Complete the oven worksheet, see Google classroom for instructions. Recipe: Quorn or courgette nugget.	See Google classroom
	4	27-Jan	4th			FPT 3 - Apple Crumble (Fast & slow energy release)	L5. Digestion & Energy needs	Section 1 - Food, Nutrition & Health	Design an information poster to tell people what happens to their food once it enters their mouths? Your poster needs to include these words: Recipe: Own fruit crumble.	See Google classroom
Feb	5	3-Feb	5th			FPT 4 - Cous Cous and roasted Veg (5-a-day, healthy eating guidelines)	L6. Healthy eating guideline lesson 1 (The Eat well guide)	Section 1 - Food, Nutrition & Health	Research and write an article to inform students in Westfield academy about the benefits of healthy eating using; following the dietary guideline – Include the negative impacts of a poor diet. Recipe: Own	See Google classroom
	6	6-Feb	6th			FPT 5 - Potato wedges & coleslaw (Composite dish - starchy carbohydrate)	L7. Healthy eating guideline lesson 2 (8 tips for healthy eating)	Section 1 - Food, Nutrition & Health	Create a mind-map of food items that contribute towards the illness / diseases identified in the Moodboard shown in the PowerPoint – see Google classroom. Explain why the food listed are unhealthy. Recipe: Sweet potato wedges & own coleslaw recipe.	See Google classroom
Half Term			Half-term	17th - 21st February					Produce a research page on the different types of yeast (fresh yeast, dried yeast & fast action yeast).	See Google classroom

	1	20-Feb	1st			L8. Function of ingredients (in bread) & yeast experiment <i>planning</i>	L9. Explore the conditions necessary for yeast to grow investigation (Experiment)	Section 6 - NEA 1		
Mar	2	27-Feb	2nd			FPT 6 - Seeded bread rolls - plaited. (function of yeast.)	L10. Functions & deficiencies of water & fibre	Section 1 - Food, Nutrition & Health	Produce a revision mind-map on food safety and nutrition (The Eatwell guide, 8 tips for healthy eating the 5 nutrients, water & fibre). Create a cheese scone food label, follow the instructions on the Traffic light labelling worksheet given on Google classroom. Recipe: Own savoury or sweet scone recipe. Research and produce an article on how to reduce food waste in the UK. Complete the seasonality chart of foods grown in the UK. Recipe: Yeast-based pizza. Modify the chocolate cupcake (https://www.bbcgoodfood.com/recipes/amazing-chocolate-cupcakes) and create a pictorial (with images) recipe card.	See Google classroom
	3	6-Mar	3rd			FPT 7 - Scone based Pizza & topping (seasonality & support for local farmers)	L11. Food labelling (What must be on a label & traffic lights labels)	Section 5 - Food provenance		See Google classroom
	4	13-Mar	4th			FPT 8 - Chocolate cupcakes	L12. Food miles, Seasonal foods & ethical views.	Section 4 - Food choice		See Google classroom
	5	20-Mar	5th			L13. Sensory analysis & tasting - <i>Biscuits taste testing</i>	<i>Spring term Test - 2</i>	Section 4 - Food choice		See Google classroom
	6	27-Mar	6th							
	Easter Break		Easter Break	7th April to						
	Easter Break		Break	21st April 2025						
Term three - Rotation 3										
April	1	18-Apr	1st	22nd April	Inset day	No Practical - L1. Intro, admin & Food hygiene, health & safety.	L2. Bacteria & the 4C's.	Section 3 - Food safety	Design an informative poster on how to prevent food poisoning. Include a labelled drawing of a thermometer showing the danger zone and the safe zones for preventing food poisoning. Convert the cake recipe given, follow the instructions on the home learning PowerPoint on Google classroom. Recipe: Fruit smoothie or fruit kebab. Complete the oven worksheet, see Google classroom for instructions. Recipe: Quorn or courgette nugget. Design an information poster to tell people what happens to their food once it enters their mouths? Your poster needs to include these words: Recipe: Own fruit crumble. Research and write an article to inform students in Westfield academy about the benefits of healthy eating using; following the dietary guideline – Include the negative impacts of a poor diet. Recipe: Own pasta salad recipe. Create a mind-map of food items that contribute towards the illness / diseases identified in the Moodboard shown in the PowerPoint – see Google classroom. Explain why the food listed are unhealthy. Recipe: Sweet potato wedges & own coleslaw recipe. Produce a research page on the different types of yeast (fresh yeast, dried yeast & fast action yeast).	See Google classroom
	2	24-Apr	2nd			FPT 1 - Carrot & celery sticks (Knife skills & classic vegetable cuts)	L3. Equipment & measuring (in Food room)	Section 2 - Food science		See Google classroom
May	3	2-May	3rd	1st May	Bank holiday	FPT 2 - Chicken Nuggets & dip (Heat transfer)	L4. Reasons for cooking & heat transfer	Section 2 - Food science		See Google classroom
	4	8-May	4th			FPT 3 - Apple Crumble (Fast & slow energy release)	L5. Digestion & Energy needs	Section 1 - Food, Nutrition & Health		See Google classroom
	5	15-May	5th			FPT 4 - Cous Cous and roasted Veg (5-a-day, healthy eating guidelines)	L6. Healthy eating guideline lesson 1 (The Eat well guide)	Section 1 - Food, Nutrition & Health		See Google classroom
	6	22-May	6th			FPT 5 - Potato wedges & coleslaw (Composite dish - starchy carbohydrate)	L7. Healthy eating guideline lesson 2 (8 tips for healthy eating)	Section 1 - Food, Nutrition & Health		See Google classroom
	Half-term		Half-term	26th May to 30th May 2025						
June	1	5-Jun	1st			L8. Function of ingredients (in bread) & yeast experiment <i>planning</i>	L9. Explore the conditions necessary for yeast to grow investigation (Experiment)	Section 6 - NEA 1		
	2	12-Jun	2nd			FPT 6 - Seeded bread rolls - plaited. (function of yeast.)	L10. Functions & deficiencies of water & fibre	Section 1 - Food, Nutrition & Health	Produce a revision mind-map on food safety and nutrition (The Eatwell guide, 8 tips for healthy eating the 5 nutrients, water & fibre). Create a cheese scone food label, follow the instructions on the Traffic light labelling worksheet given on Google classroom. Recipe: Own savoury or sweet scone recipe. Research and produce an article on how to reduce food waste in the UK. Complete the seasonality chart of foods grown in the UK. Recipe: Yeast-based pizza. Modify the chocolate cupcake (https://www.bbcgoodfood.com/recipes/amazing-chocolate-cupcakes) and create a pictorial (with images) recipe card.	See Google classroom
	3	19-Jun	3rd			FPT 7 - Scone based Pizza & topping (seasonality & support for local farmers)	L11. Food labelling (What must be on a label & traffic lights labels)	Section 5 - Food provenance		See Google classroom
	4	26-Jun	4th			FPT 8 - Chocolate cupcakes	L12. Food miles, Seasonal foods & ethical views.	Section 4 - Food choice		See Google classroom
July	5	3-Jul	5th			L13. Sensory analysis & tasting - <i>Biscuits taste testing</i>	<i>Summer term Test - 3</i>	Section 4 - Food choice		See Google classroom
	6	10-Jul	6th							
	7	Jul-23	7th	14th - 22nd July (Activities week)???		Activities week	Activities week			
	7	15-Jul	Summer H.							

- 1 2nd & 3rd Sept. Inset days
- 2 4th Sept. year 7 & 12 start.
- 3 5th Sept. whole school start.
- 4 20th Sept. - Staff day (no students)
- 5 28th Nov - Inset day
- 6 29th Nov - Occasional day
- 7 6th January - Inset day
- 8 22nd April - Inset day
- 9 1st May - Bank holiday