



Year 7 Nutrition and Health

16 Lessons

Aims: Students undertake a series of Practical and theory based lessons to establish knowledge of *The Eat Well Guide* and how this can be used to inform a balanced and healthy (and delicious!) diet.

Links to KS4: Learning covers the principal subject content of the GCSE specification:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

| Key Skills | Literacy Links: | Numeracy Links: |
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| <ul style="list-style-type: none"> • Demonstrate effective and safe cooking skills • Understand and explore a range of ingredients and processes • Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health | <p>Keywords: Cross-contamination, Cooking, Chilling, Cleaning, Seasonality, Enzymatic, Sensory, Aeration, Coagulation. Students will frequently be reading, writing and referencing recipes.</p> | <p>Pace is key as student have clear time frames within which to complete practical tasks and will need to execute cooking times accurately. They will work with weighing and measuring volumes and quantities of ingredients.</p> |
| Assessment | Cross-Curricular Links | |
| <p>Progress is assessed in three key areas: KNOWLEDGE SKILLS ANALYSIS & EVALUATION</p> <p>Progress in these three areas is assessed against the 4 bands of Excellence/Secure/Emerging/Developing on the student personal learning checklist.</p> | <p>Science/Media/Business/Sport – Nutrition and health will be linked to levels of physical activity and students will investigate how food is packaged, labelled and promoted. Food Science underpins the majority of lessons (Function of ingredients/Heat transfer)</p> <p>SMSC opportunities and British Values</p> <p>Nutrition and health will be linked to factors affecting food choice such as income/lifestyle and religious beliefs.</p> | |
| Opportunities for further learning | | |
| <p>Students have the opportunity to demonstrate an exemplary level of working within this rotation. They are encouraged to consider recipe adaptations and are able to take recipes home to develop. There are frequent opportunities for students to engage in extracurricular sessions in the food room.</p> | | |