

Year 7 Food Learning Outcomes

Unit 1: Food Choice and Provenance

Through practical work, students will be taught basic cookery skills, applying the principles of food provenance, basic nutrition (through the guidance of the Eat well guide), food safety and sensory analysis.

RECIPE	SKILLS
Blueberry Muffins	<ul style="list-style-type: none"> • Use of the cooker • Raising agents • Creaming method • Test for readiness
Pizza Baguette	<ul style="list-style-type: none"> • Use of the cooker • General practical skills • Preparing vegetables • Knife skills
Pasta Salad	<ul style="list-style-type: none"> • Use of the hob • Knife skills • Use of the kettle • Combining ingredients
Sausage Balls	<ul style="list-style-type: none"> • Use of the oven • Shaping with hands • Use of the temperature probe
Scones	<ul style="list-style-type: none"> • Use of the oven • Rubbing in method • Raising agents • Shaping
Layered Dessert	<ul style="list-style-type: none"> • Use of electrical whisk • Layering ingredients