

Year 7 Lesson Focus

This Year 7 Food Studies scheme introduces essential kitchen skills while reinforcing healthy eating and food safety through the 4Cs (Cleaning, Cooking, Chilling, and Cross-contamination). Students develop practical abilities such as weighing, measuring, shaping, and sensory exploration across a variety of recipes. The lessons emphasize balanced nutrition, including the importance of breakfast, reducing processed foods, incorporating a variety of fruits and vegetables, and adapting recipes for dietary needs (gluten- and dairy-free options). A strong focus is placed on establishing routines and behaviour expectations to keep themselves and others safe in the kitchen, reinforcing hygiene, hazard awareness, and safe food handling. By engaging in hands-on cooking, students build confidence, independence, and lifelong healthy eating habits while ensuring safe food preparation practices.

1. Health and Safety safe to cook Learning Objective: To be aware of hazards
2. Eat a rainbow / stretch 8 tips for healthy eating
3. Hot drink and toast
4. Overnight oats breakfast most important meal of the day gluten and dairy free options
5. Pizza bagels gluten and dairy free options
6. Tortilla chips and humus
7. Bread sticks weights measures sensory exploration shaping
8. Fruit crumble weights measures rubbing in sensory exploration
9. Soda bread and butter weights and measure, shaping and forming
10. Bread and butter pudding spreading and measuring
11. Quesadilla
12. Fruit salad
13. Fruit muffin
14. Scones

Nurture

Health and safety safe to cook hazards poster video Powerpoint

Eatwell guide 8 tips for healthy eating booklet Powerpoint and poster BNF videos

https://www.youtube.com/watch?v=eSEYPO30AN0&list=PLJdm8Ss5a_GR97WI5kUYEoprZ57_5y36Y

Eat a rainbow taste test vegetables food provenance how many miles has your dinner taken

<https://www.youtube.com/watch?v=RJkqB3JqqIE&t=103s>

Appliances risk kettle hot drink keeping self and other safe in the kitchen

Snacks food traffic lights what's on a label <https://www.youtube.com/watch?v=TJpkU9eSX4>

Allergens what are they and how do they affect some people

Rethink your drink – sugar detectives

https://www.youtube.com/results?search_query=rethink+your+drink+sugars