

## Year 7 Food and Nutrition

**Topic 4: Nutrition**  
Carbohydrates - Fats & Oils -  
Fibre

**Topic 3: Commodities**  
**Fruits & vegetables:**  
Categorising- Role in the diet -  
Safe storage and preparation -  
- **Fish** -  
Categorising- Role in the diet -  
Safe storage and preparation -

**Topic 2: Knives and  
Equipment**  
Knife safety - Types and  
function of knives - Functions  
of common kitchen equipment

**Topic 1: Hygiene and Safety**  
Personal hygiene - Health &  
safety - Food safety - Danger  
zone



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> <li>Hygiene and safety</li> <li>Knowledge of different equipment and their functions,</li> <li>The value of fruit and vegetables in the diet.</li> <li>Features and characteristics of fruit and vegetables to include safe storage.</li> <li>The value of fish in the diet.</li> <li>Features and characteristics of fish to include safe storage.</li> <li>Nutrition: The specific function and main sources of carbohydrates and fat in the diet.</li> <li>The dietary value of fibre (NSP)</li> </ul>	<p>Confidence -</p> <ul style="list-style-type: none"> <li>New dishes / ingredients</li> <li>Contribution to discussion</li> <li>Structured oracy work</li> </ul> <p>Organisation -</p> <ul style="list-style-type: none"> <li>Book checks, homework tasks</li> <li>Time management in practicals</li> </ul>	<ul style="list-style-type: none"> <li>Respect for differing ideas and perspectives.</li> <li>Organisation / time management</li> <li>Adaptive to change</li> <li>Health and safety</li> <li>Independence in practical</li> <li>Food preparation skills and techniques</li> </ul>	<p>All students provided with ingredients to cook</p>