



<b>Year 7 Healthy Eating</b>		
<p><b>Topics covered:</b>                  Healthy Eating based on the governments Eat Well Guide and their '8 Tips for Eating Well'                  Simple recipes that cover many basic cooking skills</p>	<p><b>How it links to what has been studied before:</b>                  Students' previous experience of Food at KS2 and at home really varies.                  The work builds on existing knowledge they may have of healthy eating and handling food.</p>	<p><b>How it links to what will be studied:</b>                  Healthy eating is the underpinning knowledge of how to eat a balanced diet. Students are taught this as a foundation before learning about Nutrition and the specific dietary needs of different people.</p>
<p><b>Key words:</b>                  Hygiene - Safety - Equipment - Sensory Properties - Healthy Eating - Recipe - Ingredients - Measuring</p>	<p><b>Key skills:</b>                  Safe knife holds - bridge &amp; claw                  Using the cooker safely - hob, grill &amp; oven                  Use of basic kitchen equipment                  Following a recipe                  Evaluation - reflection on practical work</p>	
<p><b>Assessment focus</b>                  Term 1 - Healthy Eating Project - research task                  Term 2 - Test - set on Google                  Term 3 - Practical Test - planning and making a simple dish in 1 hour</p>	<p><b>Revision tips</b>  <b>Test</b> - Knowledge Organisers will be shared with students - read and highlight, make notes, produce some revision cards, ask someone to test their knowledge  <b>Practical Test</b> - practice making the dish at home</p>	
<p><b>Why we study it:</b>                  Learning about Healthy Eating is fundamental to ensuring that students choose foods that give them a balanced diet.                  Making simple recipes will develop students' practical skills and dexterity at handling a range of equipment and ingredients                  Students will develop an understanding of where foods come from and how they work together in a recipe to produce a quality finished dish</p>		
<p><b>Mastery in this subject</b>                  You will independently research the topic of Healthy Eating using a range of sources and present a detailed and informative homework project                  You will be able to follow a simple recipe independently                  You will use tools and equipment accurately                  You will create dishes that are carefully made and well finished</p>		

