

## Class 7N- Navigator Curriculum *Food/2Lessons weekly*

Year	2025 – 2026 Autumn 1	2025 – 2026 Autumn 2	2025 – 2026 Spring 1	2025 – 2026 Spring 2	2025– 2026 Summer 1	2025 – 2026 Summer 2
7N	<p><b><u>Topic: Mini Projects</u></b></p> <p>Introduction to Food Technology Safety and hygiene in the kitchen Developing basic food skills, peeling, chopping, grating, slicing. Washing up process.</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>To know where different equipment is stored. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and with support identify how to improve. To know hygiene and safety rules within the kitchen environment.</p>	<p><b><u>Topic: Mini Projects</u></b></p> <p>Using basic kitchen equipment, including graters, knives, kettle. Pupils will investigate enzymic skills browning. Knife skills proficiency test</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>To revisit how to use a grater. To know how to use a kettle correctly. To know how to use the claw and bridge hold when chopping. To know why we use different coloured boards. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and with support</p>	<p><b><u>Topic: Super Snacks</u></b></p> <p>Pupils learn how to make healthy snacks. Introduction to the Eatwell plate. Pupils develop their skills to include weighing and baking.</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>To know how to use the Eatwell guide to name foods for each group. To know what the main functions of protein Carbohydrate, and fat in the body. To know what a healthy snack is. To know how to weigh and measure accurately. To know how to prepare their area, ingredients and equipment.</p>	<p><b><u>Topic: Super Snacks</u></b></p> <p>Pupils will investigate Dextrinization/ rubbing in method. Pupils will study the effects of cooking food and the effects. Where foods should be stored</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>To know the rubbing method. To know different effects of cooking food. To investigate how the chemical structure and functional properties affect a range of ingredients when preparing, cooking and storing food. To know where different foods should be stored.</p>	<p><b><u>Topic: Where our food comes from.</u></b></p> <p>Introduction to where our food comes from. Plant/ or animal. Looking at local and seasonal food.</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>To know where different foods come from. Looking at seasonal foods, particularly in the summer.</p> <p>To know how to weigh and measure accurately. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and with support identify how to improve.</p>	<p><b><u>Topic: Where our food comes from.</u></b></p> <p>To investigate: Food miles Sustainability, and carbon footprint.</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>To be able to know where different foods come from in the world. To be able to understand how far food has travelled before it reaches the consumer. To be able to understand what a carbon footprint is on the total climate impact of an activity or item: from its creation, transportation and use to its destruction or waste i.e. food To know how to weigh and measure accurately. To know how to complete sensory</p>

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<p>To know how to prepare their area, ingredients and equipment. To be able to at the end half term use a peeler, grater, and knife safely. To know how to wash up, dry up, put away equipment and leave their work area clean and tidy.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p><b>Pupils will gain knowledge on Health and Safety practices in the Food room. Pupils will practice peeling, grating, and using a dull knife progressing to use a sharper knife. Pupils will understand and follow the proper rules for cleaning, washing up, and drying the dishes.</b></p> <p><b>Recipes</b> Cheese on toast Fruit salad Apple crumble Free choice</p>	<p>identify how to improve.  To know how to prepare their area, ingredients and equipment.  To know how to wash up, dry up, put away equipment and leave their work area clean and tidy.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p><b>Pupils will understand the browning process; they will learn that browning as a chemical reaction impacts color, taste and nutritional value of the foods.</b></p> <p><b>Pupils will learn and practice using claw and bridge techniques to chop foods. Pupils will be able to choose different chopping boards for different purposes e.g. green for vegetables, red for raw meat.</b></p> <p><b><u>Recipes</u></b> Calzone Pasta salad</p>	<p>To know how to complete sensory analysis of their own product. To know how to wash up, dry up, put away equipment and leave their work area clean and tidy.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p><b>Pupils will understand the use of the Eat well guide to name foods for each group. Pupils will learn about the main functions of protein carbohydrate, and fat in the body. Pupils will practice measuring and weighing skills. Pupils will recognize grams and kilograms, liters and milliliters.</b></p> <p><b>Pupils will be able to tidy their work area and use the knowledge gained on appropriate detergents and equipment.</b></p> <p><b><u>Recipes</u></b></p>	<p>To know how to weigh and measure accurately. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and with support identify how to improve. To know how to evaluate their own skills and techniques and with support identify how to improve. To know how to wash up, dry up, put away equipment and leave their work area clean and tidy.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p><b>Pupils will know rubbing in method. Pupils will explore different effects of cooking food such as cooking food causes changes to occur like nutrients, color, texture and flavor. Pupils will investigate how the chemical structure and functional properties affect a range of ingredients</b></p>	<p>To know how to wash up, dry up, put away equipment and leave their work area clean and tidy.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p><b>Pupils will gain knowledge of where different foods come from. Pupils will be able to give examples of some seasonal foods.</b></p> <p><b>Pupils will be able to weigh and measure accurately, with some support if required. Pupils will know how to complete sensory analysis of their own product. Pupils will be able to evaluate their own skills and techniques and identify how to improve with support if needed.</b></p> <p><b>Recipes</b> Ragu Spaghetti Bolognese Mini Pavlovas Own choice</p>	<p>analysis of their own product. To know how to evaluate their own skills and techniques and with support identify how to improve. To know how to wash up, dry up, put away equipment and leave their work area clean and tidy.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p><b>Pupils will be able to Understand food miles- locally grown foods and imported foods. Pupils will understand what we mean by sustainability and will be able to explain the carbon footprint e.g. which food has the highest carbon footprint.</b></p> <p><b>Pupils will practice measuring and weighing skills.</b></p> <p><b>Recipes</b> Strawberry crumble buns Mini Strawberry tarts</p>
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		Quesadilla Bake off	Smoothies Coleslaw Cup cakes Frozen yoghurt bites Free choice	<b>when preparing, cooking and storing food. Pupils will learn where different foods should be stored and they will put food away in the correct place, with support if needed.</b>  <u>Recipes</u> Wedges Scones Pizza from Scratch Bake off		Mini Raspberry Cheesecake Bake off
Links to Gatsby Benchmarks:	<b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning. <b>Benchmark 4.</b>  STEM opportunities-linking career opportunities and what aspects of cooking (e.g. measuring) they are learning.  Careers in catering Students will investigate jobs and skills required for these jobs	<b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning. <b>Benchmark 4.</b>  STEM opportunities-linking career opportunities and what aspects of cooking (e.g. measuring) they are learning.  Careers in catering Students will investigate jobs and skills required for these jobs	<b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning. <b>Benchmark 4.</b>  STEM opportunities-linking career opportunities and what aspects of cooking (e.g. measuring) they are learning.  Careers in catering Students will investigate jobs and skills required for these jobs	<b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning. <b>Benchmark 4.</b>  Careers in catering Students will investigate jobs and skills required for these jobs	<b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning. <b>Benchmark 4.</b>  Careers in catering Students will investigate jobs and skills required for these jobs	<b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning. <b>Benchmark 4.</b>  Careers in catering Students will investigate jobs and skills required for these jobs

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