

Curriculum Summary Document

Year 7 – Food & Nutrition

Building Foundations in Food and Nutrition

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
Introduction to Safe, Healthy Cooking and Core Skills	Autumn Term	Students establish safe routines, hygiene practices and correct equipment use. They learn core preparation skills, including knife handling, weighing and measuring, and apply these in simple practical tasks. Students are introduced to the Eatwell Guide and begin to understand how food groups support a balanced diet. Practical work helps students recognise ingredient function and simple techniques that underpin later learning.	Students build secure habits in safe practice, organisation and core preparation methods. Early nutrition knowledge supports later theoretical and practical progression.	Oracy: developing precise spoken explanation Science: nutritional functions and biological changes in food
Nutrition in Practice: Understanding Ingredients and Developing Techniques	Spring Term	Students extend their nutritional understanding through studying vitamins, eggs, fish and other essential ingredients. They apply this knowledge directly in practical work, refining accuracy, timing and control when preparing dishes such as pizza, scones and muffins. Students deepen their understanding of ingredient function and begin to justify choices using appropriate technical language.	Students link nutrition theory with practical skills, strengthening their ability to evaluate outcomes and use accurate vocabulary. These habits underpin future analytical and technical work.	Geography: sustainability and provenance Mathematics: ratio and measurement English: interpreting instructions PSHE: healthy lifestyle choices
Sustainability, Seasonality and Independent Practical Skills	Summer Term	Students develop independence by preparing dishes such as stir fry as a vegetarian alternative. They learn about sustainability, food miles and seasonality, and how these influence consumer choices. Students also interpret food labels and nutritional information to make informed decisions. The term supports growing autonomy and prepares students for more complex decision-making and practical work.	Students enhance independence and sustainability awareness, developing decision-making skills that support future progression towards more advanced practical and theoretical tasks.	