

Year 7 - Food Technology

Recipes Covered

Fruit Salad



Fruit Scones



Cheese Omelette



Shaped Biscuits



Savoury Pin Wheels



Module Content

Cooking and Nutrition	
CN1	Understand and apply the principles of nutrition and health.
CN2	Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.
CN3	Become competent in a range of cooking techniques, such as selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
CN4	Understand the source, seasonality and characteristics of a broad range of ingredients.

Skills Covered:

- Personal Hygiene
- Kitchen Hygiene
- Working in a Kitchen
- Basic cooking skills
- Identifying and collecting correct equipment
- Organising Processes
- Following Recipe
- Peeling
- Washing
- Slicing/ chopping (**bridge & claw method**)
- Measuring/ pouring/ mixing
- Grating
- Preparing Baking Trays
- Preparing Oven/ Baking
- Frying method
- Using the hob – heat conduction
- Food science – what is happening when protein sets
- Weighing Accurately
- Mixing
- Creaming Method
- Portion control
- Preparing Oven/ Baking
- Organising Processes & Following Recipe
- Developing/ modifying recipes