

Year 7 Food Tech 2025 – 2026 Curriculum Map

Autumn / Spring / Summer Term

Nutrition Food Groups

H&S Hygiene Eatwell Guide Knife skills Theory Practical dishes Special Diets		Homework
1. AO1/3: PRACTICAL - Health & Safety – Apple Cutting		1) Health and Safety Poster
2. AO2/4: Vitamins and Minerals – Smoothies Taste Test		2) Smoothie Ingredients
3. AO1/3: PRACTICAL - Fruit Smoothie Making		3) Bridge and Claw Hold
4. AO2/4: Types of Carbohydrates – Quiz, Poster, Analysis and Exam Question		4) Cous Cous Salad Ingredients
5. AO1/3: PRACTICAL - Cous Cous Salad		5) Knife Cutting Techniques
6. AO2/4: Types of Lipids – Quiz & Analysis, Biscuits Taste Test & Analysis		6) Shortbreads Ingredients
7. AO1/3: PRACTICAL – Shortbread Biscuits		7) Cleaning Techniques
8. AO2/3: Types of Proteins – Proteins Quiz, Macaroni Cheese Demonstration and Taste Test		8) Macaroni Cheese Ingredients
9. AO1/3: PRACTICAL – Macaroni Cheese		9) Macro Nutrients Poster
10. AO2/4: End of Carousel Test, Self-Reflection and Action Points		



Practical Cutting Skills	Fruit Smoothies	Cous-Cous Salad	Shortbread Biscuits	Macaroni Cheese
<ul style="list-style-type: none"> • Health and Safety • Knife holding • Knife cleaning • Cutting techniques 	<ul style="list-style-type: none"> • Knife holding • Knife cleaning • Cutting techniques • Electric Blender • Recipe adaptations 	<ul style="list-style-type: none"> • Knife holding • Knife cleaning • Cutting techniques • Recipe adaptations • Seasoning 	<ul style="list-style-type: none"> • Dough making • Recipe adaptations • Use of Oven • Baking timings • Measuring 	<ul style="list-style-type: none"> • Dovetail Planning • Roux Method • Recipe adaptation • Stove-top cooking • Seasoning