

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