

Key Stage Three Food**Year 7**

Please note Food Technology lessons are delivered over 2 rotations of 4 lessons a fortnight for approx. 5 weeks

	Topic	Homework Tasks
Rotation 2	Let's Cook it	
(4 lessons)	Introduction to Hygiene & safety Basic Kitchen equipment Fruit & Vegetables Chopping skills <i>Practical sessions - Hot chocolate Cous cous salad Fruit tasting Fruit Salad</i>	Practice the washing up Evaluation of fruit salad Ingredients for practical sessions
(6 lessons)	Use of the hob & grill Weighing & measuring Rubbing in Stewing <i>Practical Sessions: croque-monsieur Fruit crumble</i>	Making my croque-monsieur healthier Ingredients for practical sessions
(2 lessons)	Use of the oven Vegetables Creaming method The Eatwell guide <i>Practical sessions: Stir fry Fruit Fairy cakes</i>	Eatwell guide Ingredients for practical sessions
Rotation 2	Health Food To Go	
(7 lessons)	Healthy Meals for lunch Food choice and energy balance Use of oven Portioning <i>Practical sessions Abbey biscuits Spanish omelette Egg Fried Rice</i>	Design of own healthy Wrap product - linking to the eatwell guide Ingredients for practical sessions

	<i>Deli Wrap</i>	
(2 lessons)	Understanding food labeling <i>Practical sessions</i> <i>Soup making</i>	Ingredients for practical sessions
(3 lessons)	Industrial food production Muffin making <i>Practical Sessions</i> <i>Muffins savoury</i> <i>Muffins Sweet</i>	Research Ingredients for practical sessions