

Food Technology 2016 – 2017 Houghton Regis Academy

Year 7 2016-17								
Half-term	Topic	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
1	The importance of a healthy and varied diet as depicted in The Eat well Plate and eight tips for healthy eating	Introduction to food technology and the kitchen environment, hygiene, health, safety and the eat well plate	Practical's: Washing skills, knife skills, slicing and peeling <ul style="list-style-type: none"> • Coleslaw • Fresh Fruit Salad • Pasta Salad • Vegetable Soup • Vegetable Crumble 				Evaluation, sensory analysis and The eat well plate activities	
2	That food provides energy and nutrients in different amounts; that they have important functions on the body; and that people require different amounts during their life	Introduction to menu planning in advance in order to ensure the correct food balance.	Practical's: Accurate cutting, using the hob and oven, rubbing in method <ul style="list-style-type: none"> • Healthy Dips & Crudités • Pizza toast • Fruity Flapjack • Rock Cakes • Wholemeal Scones 				Evaluation, sensory analysis, nutritional content and functions of ingredients activities.	
3	How to taste and cook a broader range of ingredients and recipes, accounting for a range of needs, wants and values	Introduction to the design brief: Design a new sweet healthy snack and the packaging.	Design work: Brief, Analysis 3+ ideas. Final idea.	Research and design the packaging to include all current relevant legislation.	Practical's: Presentation, designing, annotation, healthy eating and independent learning <ul style="list-style-type: none"> • Trial One – Evaluation • Bake off – New sweet healthy snack 		Evaluation and write up the project.	
4	How to actively minimise food waste such as composting fruit and vegetable peelings and recycling food packaging	Introduction to 3R's; reduce, reuse, recycle.	Practical's: Stewing, preparation of fresh ingredients, boiling, simmering, hob work, rubbing in and the all in one method <ul style="list-style-type: none"> • Savoury rive • Fruity muffins • Pancakes • Fruit Crumble • Ragu 				Evaluation and recap the links between the theory and practicals.	

Technology is taught on a rotation so that each group has 4 half terms in each area: Food, Resistant Materials and Art