

# Year 7 - Food

## What are we learning about?

You will learn about health and safety and how to use a range of equipment in the food room. Your first range of dishes will be based around healthy breakfasts and then you will move on to healthy family meals.

## Why are we learning about it?

Food has such a huge impact on our lives. It wakes us up in the morning, provides use with energy for the day and helps to maintain a healthy body throughout life. These dishes will help to support healthy eating habits through school and beyond.

## What new KNOWLEDGE will I gain?

- Able to identify a range of international dishes.
- Know how to judge when food is cooked.
- What meat alternative as available for vegetarians or vegans.
- How to incorporate vegetables or fruit into a meal in multiple ways.

## How does this build on the KNOWLEDGE I already have?

This will build on knowledge that you have gained in your primary school and home, and covering health and safety in more depth.

## What new SKILLS will I develop?

- Using all of the different part of the cooker safely.
- Cooking methods such as boiling, frying and baking.
- Developing your knife skills.

## How does this build on the SKILLS I already have?

The skills you already have will be different depending on your primary school and how much cooking experience you have from home.



- Dippy Eggs
- Omelette
- Breakfast Bars
- Fruit Salad
- Pitta Pizzas
- Scones
- Quorn Chilli Con Carne
- Fruit Crumble
- Chicken Fajitas
- Mini Carrot Cakes
- Palmier Biscuits
- Oreo Truffles