

Year 7 – Food Theory

What are we learning about?

You will learn about healthy eating guidelines that have been introduced by the government to educate and encourage people to eat a healthy balanced diet. You will learn about where our food comes from and how it is processed so we can consume it. You will learn how to prepare and cook food to avoid food poisoning and how to adapt dishes for different dietary needs.



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?

- What are nutrients.
- The Eatwell Guide and how to use it.
- When meat and milk come from and how it is processed.
- Kitchen health and safety rules to avoid food poisoning.
- What vegetarians and vegans are and how their diet is different to non-vegetarians.



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.



What new SKILLS will I develop?

- Identify the nutrients that can be found in different foods.
- Able to describe the processes from goes through so we can consume it.
- Able to identify different cooking methods and how they are done using the cooker.
- Maths skills to scale up or down a recipe.



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.