

Knowledge Mat: Food Year 7.

Key Knowledge for Year 7 in Food.

Term 1

- Hygiene, health and safety.
- Basic equipment including the cooker.
- Weighing and measuring.
- Fruit and vegetables

Term 2

- Basic Nutrition
- Sensory analysis.
- Food Science

Term 3

- Different commodities: Dairy and Cereals
- Seasonality and Food Miles
- Allergens.

Wider Experiences / Try to Do...

1. To follow a simple recipe to prepare a dish, working independently.

The big questions:

- What is good hygiene?
- How do I keep myself safe?
- What equipment will I learn about?
- What recipes will I make?
- What is food science?

Vocabulary

BACTERIA	Can be harmful to health.
HYGIENE	About how people keep themselves, and their environment, clean
EQUIPMENT	A set of tools for a particular purpose e.g. saucepan, spoons.
WEIGHING and MEASURING.	How to be accurate so we use the right amounts of ingredient in our recipes.
ENZYMIC BROWNING	When fruit or vegetables go brown when exposed to the air.
SENSORY	Involving all five of our senses.
NUTRITION	The study of nutrients for good health