

Year 7 Scheme of work

Delicious and Nutritious

Lesson 1

Introduction to the food room

Health & Safety

Practical activity: Segmenting an Orange

Explain how to behave in a practical lesson

Lesson 2

Washing up practical activity

Washing up worksheet

Importance of good hygiene

Lesson 3

Eatwell Worksheet

Demo fruit salad and equipment used

Lesson 4

Fruit Salad Practical

Photo dishes

Lesson 5

Evaluation of Fruit Salad Practical

Stick in photos of Fruit Salad

Demo rock buns

Fill out weighing & Measuring work sheets

Lesson 6

Rock bun practical

Photo rock buns

Lesson 7

Demo savoury scones

Brainstorm ideas

Draw out oven picture

Label and write safety points

Lesson 8

Scone Practical
Photo dishes

Lesson 9

Scone evaluation
Stick in photo
Fill out sensory Chart
Demonstrate Oat Biscuits

Lesson 10

Oat biscuit practical

Lesson 11

Pizza Whirl demonstration
Raising Agents information

Lesson 12

Pizza Whirl Practical
Photo Whirls

Lesson 13

Fruit Muffin Demonstration
Micro nutrients information

Lesson 14

Muffin Practical

Lesson 15

Pasta Sauce Demonstration
Vegetable worksheet

Lesson 16

Pasta Sauce Practical

Lesson 17

Demonstration Sausage Rolls
Nutritional analysis
Discussion of results

Lesson 18

Sausage Roll Practical

Lesson 19

Evaluation of the module

Feedback on Steps to Success

Best in Module awards

Seasonal Recipe

Lesson 20

Seasonal Practical