

Home-School Learning Collaboration – Food Preparation and Nutrition

Topics in this cycle: Healthy Eating, Hygiene and safety	Taught: Autumn 2 2025	Year Group: 7
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning
What is Healthy Eating? Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks. It also means getting the number of calories that's right for you. Students must know the importance of the eat well guide and the 8 healthy eating guidelines set out by the government. What is a nutrient? a substance that provides nutrients essential for the maintenance of life and for growth. They are two groups of nutrients. They are Macro nutrients and Micronutrients. Students need to know the different Macro nutrients, their functions and sources. What are Macronutrients? Macronutrients are the nutrients we need in larger quantities that provide us with energy: in other words, fat, protein, and carbohydrate. What are Micronutrients? Micronutrients are mostly vitamins and minerals and are equally important but consumed in very small amounts. Hygiene and Safety: Good hygiene is <u>VERY</u> important when working with food. Poor hygiene can lead to the contamination of food, which can result in food poisoning. The 4 C's in cooking: Cleaning: is the first step to keep you on track when it comes to food preparation and safety. Cross-contamination usually occurs when raw foods are mishandled, causing bacteria to multiply and spread throughout the kitchen. Cooking: To kill bacteria that can cause food poisoning, it is important to cook all meat, poultry and seafood properly. Chilling: Once your meal is cooked, leftovers should be cooled down as quickly as possible. Large and small equipment used in cooking. Explain the uses and care of the different equipment used during a practical lesson. Fruits and Vegetables: Types of fruits and vegetables, Importance of Fruits and Vegetables in the diet.		Healthy eating guidelines? BBC Bitesize Eatwell Plate The Eatwell Guide - NHS (www.nhs.uk) Nutrients What are macronutrients - Heart Matters magazine - BHF Food hygiene and Food safety: What is Food Hygiene? Food Hygiene in 2022 (fooddocs.com) Kitchen Equipment Food Operations â Kitchen Equipment Food Spoilage Hygiene and Environmental Health Module: 8. Food Contamination and Spoilage Raising Agents Raising agents - Food Preparation – Revision World https://www.youtube.com/results?search_query=raising+agents

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Key Vocabulary and Definitions To Be Learnt		What Will The Assessment Look Like?
Macro-Nutrients	Substances found in food and are need in the body in large amount (Carbohydrates, Protein and Fats	Extended writing – Evaluating different products made, BASE exam in Autumn and Summer: • Time :50 minutes • Short answer questions • Extended writing
Healthy Eating	Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks.	
Nutrients	a substance that provides <u>nourishment</u> essential for the maintenance of life and for growth.	
Nutrition	It is the procedure by which the food is taken by the organism and used to generate energy for repair, growth, and maintenance, and then removing the waste substance from the body.	
Food Safety	Food safety refers to the proper handling, cooking, and preservation of food in order to protect people from foodborne illnesses caused by microbes such as bacteria, fungi, parasites, and viruses.	
Ingredients	Ingredients are the things that are used to make something, especially all the different foods you use when you are cooking a particular dish.	Family Learning Opportunities
Danger Zone	Bacteria grow most rapidly in the range of temperatures between 40 °F and 140 °F, doubling in number in as little as 20 minutes.	Create your own Healthy pack lunch. Research the different categories of fruits and vegetables, Their nutritional content and functions in the bodies. https://www.fooddudes.ie/categories_of_fruit_and_vegetables Create a healthy eating word search,
Raising Agent	Raising agents include anything that causes rising within foods and are usually used in baked goods.	
Energy	Food energy is defined as the energy released from carbohydrates, fats, proteins, and other organic compounds.	
Flavour	Flavours are the sensory impressions you experience when consuming foods and beverages.	
Food Hygiene	Food hygiene is an essential aspect of food safety. It refers to the processes that directly involve food – including storage, preparation, and cooking,	
Multicultural	Multicultural things are made up of or include more than one ethnic group or culture.	
Food Spoilage	Food spoilage is the process where a food product becomes unsuitable to ingest by the consumer.	
Modification	To Change	
Contamination	People or things that belong to the country in which they are found, rather than coming there or being brought there from another country.	