Topic / Uni	t: Fundamentals	of Food &	Nutrition.
-------------	-----------------	-----------	------------

Year / Curriculum ma	- F			Topic / Unit:	Fundamentals of Food	& Nutrition.						
i e												
g g												
e ek												
Month ≤ a		2025 / 2026 Academic year	Year 7		Skills to be developed (new procedural		Year 7		Cultural capital opportunities (inc	Year 7	Year 7 - Weekly homeworks include - Recipes & Sensory analysis & evaluations.	Year 7
				Prior skills needed (revisiting	knowledge) Add Cross Curricula Links	Prior knowledge needed (revisiting	Theory Lesson Topics (new declarative		social/moral/spiritual/			
	Week	Dates	Practical	procedural knowledge)	Cross Curricula Links	declarative knowledge)	knowledge)	Subject specific terminologies	cultural/physical)	Link to AQA FPN Specification	Homework	Homework links
								Term one - R	otation 1			
Sept 1 1-Sep	1st	1st & 2nd September	Inset days									See Google classroom
								Bacteria, pathogen, micro-organisms, perishable, cooking, cleaning, chilling,			Design an informative poster on how to prevent food poisoning. Include a labelled drawing of a thermometer showing the danger zone and the safe zones for preventing food	
2 8-Sep	2nd		No Pract	tical - L1. Intro, admin & Food hygiene, health	& safety.	Food hygiene, health & safety.	L2. Bacteria & the 4C's.	cross-contamination	Food hygiene, health & safety.	Section 3 - Food safety	poisoning.	See Google classroom
	l l		FPT 1 - Carrot & celery sticks (Knife skills 8			Scales of measurement, equipment used		Gram, kilogram, litre, millilitre, cup, teaspoon, table spoon, scale, measuring			Convert the cake recipe given, follow the instructions on the home learning PowerPoint on Google classroom. Recipe: Fruit smoothie or fruit kebab.	
3 15-Sep	3rd		classic vegetable cuts)	chopping board. Safe cutting skills (claw grip & bridge	S.1, S.2 & S.3	to measure Basic cooking procedures - cross-	room)	teaspoon, table spoon, seale, measuring	Measurement scales, knife skills	Section 2 - Food science	 	See Google classroom
4 22-Sep	4th		FPT 2 - Chicken Nuggets & dip (Heat transfe	er) hold)	S.1, S.2, S.4, S.6 & S.7	curricular transfer of heat	L4. Reasons for cooking & heat transfer	Conduction, convection, radiation	Cooking with meat, safety in the kitchen	Section 2 - Food science	Complete the oven worksheet, see Google classroom for instructions. Recipe: Quorn or courgette nugget.	See Google classroom
5 29-Sep		2-40	Other days (Sch closed) FPT 3 - Apple Crumble (Fast & slow energ	y Safe cutting skills (claw grip & bridge hold) and heat transfer knowledge		Discretive section	I.S. Dissettes & Secondary	diameter celling account according	Continuo anni trada	Continue Cond Nutrition & Houlet	Design an information poster to tell people what happens to their food once it enters their mouths? Your poster needs to include these words: Recipe: Own fruit crumble.	Con Country Institute
5 29-sep	otn	3rd October	(400.0000)	y, Heat transfer (cooker), measuring & knife	S.1, S.2, S.3, S.4 & S.6	Digestive system	L5. Digestion & Energy needs L6. Healthy eating guideline lesson 1 (The	digestion, saliva, pancreas, oesophagus diet, nutrients, macronutrients,	Cooking methods	Section 1 - Food, Nutrition & Health	Research and write an article to inform students in Westfield academy about the benefits of healthy eating using; following the dietary guideline – Include the negative impacts of	See Google classroom
Oct 6 6-Oct	6th		healthy eating guidelines)	skills.	S.1, S.2, S.3, S.4, S.6, S.7 & S.10	KS2 knowledge of the Eatwell plate.	Eatwell guide)	micronutrients, protein, carbohydrate,	Healthy eating	Section 1 - Food, Nutrition & Health	a poor diet. Recipe: Own pasta salad recipe.	See Google classroom
											Create a mind-map of food items that contribute towards the illness / diseases identified in the Moodboard shown in the PowerPoint – see Google classroom. Explain why the food	
7 13-Oct	7th		FPT 5 - Potato wedges & coleslaw (Composite dish - starchy carbohydrate)	Grating & knife skills and heat transfer.	S.1, S.2, S.3, S.4 & S.6	The Eatwell guide	tips for healthy eating)	physical activity levels, salt, saturated/ unsaturated fat	Healthy eating	Section 1 - Food, Nutrition & Health	listed are unhealthy. Recipe: Sweet potato wedges & own coleslaw recipe.	See Google classroom
											Produce a research page on the different types of yeast (fresh yeast, dried yeast & fast action yeast).	
8 20-Oct	8th		L8. Function of ingredients (in bread) & yea experiment planning)	Measuring skills.	S.10	Scientific experiment procedures, fair test	L9. Explore the conditions necessary for yeast to grow investigation (Experiment)	fermentation, gliadin, glutenin, gluten	Food investigation	Section 6 - NEA 1	Produce a research page on the different types of yeast, dried yeast & last action yeast).	See Google classroom
							, , , , , , , , , , , , , , , , , , , ,					
Half Term	Half-term	27th October - 31st October						Hydration, dehydration, heat stroke,				
N 2 Nov.			FPT 6 - Seeded bread rolls - plaited. (function	on measuring, plaiting and heat transfer skills.	S.1, S.4, S.6, S.7, S.10 & S.11	Non-Nutrients	L10. Functions & deficiencies of water &	faeces, urine, perspiration, constipation,		Continue Cond Nutrition & Houlet	Produce a revision mind-map on food safety and nutrition (The Eatwell guide, 8 tips for healthy eating the 5 nutrients, water & fibre).	Car Carala dannara
NOV 1 3-NOV	150		of yeast.)	SKIIIS.	5.1, 5.4, 5.0, 5.7, 5.10 & 5.11	Non-nutrients	nore	Non-Starch Polysaccharide	Healthy eating	Section 1 - Food, Nutrition & Health	 	See Google classroom
			FPT 7 - Scone based Pizza & topping	safe cutting skills, rubbing-in skills & heat	:	General knowledge of what's on a food	L11. Food labelling (What must be on a				Create a cheese scone food label, follow the instructions on the Traffic light labelling worksheet given on Google classroom. Recipe: Own savoury or sweet scone recipe.	
2 10-Nov	2nd		(seasonality & support for local farmers)	transfer skills. Measuring, mixing / whisking and heat	S.1, S.4, S.5 & S.11	label	label & traffic lights labels) L12. Food miles, Seasonal foods & ethical	use by or best before date	Understanding food labels	Section 5 - Food provenance	 	See Google classroom
3 17-Nov	3rd		FPT 8 - Chocolate cupcakes	transfer skills.	S.1, S.4, S.5 & S.11	Climate, transport links, farming methods	views.	farming, food miles	Food choice	Section 4 - Food choice	Research and produce an article on how to reduce food waste in the UK. Complete the seasonality chart of foods grown in the UK. Recipe: Yeast-based pizza.	See Google classroom
4 24-Nov	4th		L13. Sensory analysis & tasting - Biscuits to: testing	ste taste buds, olfactory receptors, sensory descriptors		Descriptive knowledge & personal experience.	Autumn term Test - 1		Food choice	Section 4 - Food choice	Modify the chocolate cupcake (https://www.bbcgoodfood.com/recipes/amazing-chocolate-cupcakes) and create a pictorial (with images) recipe card.	See Google classroom
24-1600			Other days	2230191013		way at Particles					appears of the person of the p	
Dec 5 1-Dec	5th	28th November	(Sch closed)				Barrie Inner			Continue & C. Continue		See Google classroom
6 8-Dec 7 15-Dec	6th 7th		Bonus lesson - Glass stained biscuits Bonus lesson - Sensory analysis of Minced p	ies	S.1, S.4, S.5 & S.10		Bonus lesson - Nutritional analysis (of Bonus lesson - Food packaging (produce			Section 1 - Food, Nutrition & Health Section 4 - Food choice		See Google classroom See Google classroom
Christmas Break	Christmas	19th December to					1 0 0 11					
Christmas Break	Break	4th January 2026										
								Term two - Rotation 2				
								Bacteria, pathogen, micro-organisms,			Design an informative poster on how to prevent food poisoning. Include a labelled drawing of a thermometer showing the danger zone and the safe zones for preventing food	
		Fab Issues	No Book	Mark 10 later admir 0 Food business broke	0 aufab	Food business books 0 aufab.	13 Destrois 8 the 45%	perishable, cooking, cleaning, chilling, cross-contamination	Food business beautible Confete.	Seetles 3 Seed refet	poisoning.	Car Carala dannara
Jan 1 5-Jan	1st	5th January	Inset day No Pract	tical - L1. Intro, admin & Food hygiene, health	& safety.	Food hygiene, health & safety.	L2. Bacteria & the 4C's.		Food hygiene, health & safety.	Section 3 - Food safety	 	See Google classroom
								Gram, kilogram, litre, millilitre, cup, teaspoon, table spoon, scale, measuring			Convert the cake recipe given, follow the instructions on the home learning PowerPoint on Google classroom. Recipe: Fruit smoothie or fruit kebab.	
			FPT 1 - Carrot & celery sticks (Knife skills 8			Scales of measurement, equipment used		jug, julienne, baton, macedoine,			Control the late (exp. great, foliotism the manufacture for the foliotism control of cooper casaroons recept.)	
2 12-Jan	2nd		classic vegetable cuts)	chopping board.	S.1, S.2 & S.3	to measure	room)	jardiniere, bruniose, paysanne.	Measurement scales, knife skills	Section 2 - Food science	 	See Google classroom
				Safe cutting skills (claw grip & bridge		Basic cooking procedures - cross-					Complete the oven worksheet, see Google classroom for instructions. Recipe: Quorn or courgette nugget.	
3 19-Jan	3rd		FPT 2 - Chicken Nuggets & dip (Heat transfe	er) hold)	S.1, S.2, S.4, S.6 & S.7	curricular transfer of heat	L4. Reasons for cooking & heat transfer	Conduction, convection, radiation	Cooking with meat, safety in the kitchen	Section 2 - Food science	- -	See Google classroom
			Other days FRES April County (Seet 8 along property	Cofe matter stills (along sets 8 builder							Design an information poster to tell people what happens to their food once it enters their mouths? Your poster needs to include these words: Recipe: Own fruit crumble.	
4 26-Jan	4th	30th January	Other days (Sch closed) FPT 3 - Apple Crumble (Fast & slow energy release)	hold) and heat transfer knowledge	S.1, S.2, S.3, S.4 & S.6	Digestive system	L5. Digestion & Energy needs	digestion, saliva, pancreas, oesophagus diet, nutrients, macronutrients,	Cooking methods	Section 1 - Food, Nutrition & Health		See Google classroom
Enh E 2 Enh	Esh		FPT 4 -Cous Cous and roasted Veg (5-a-day healthy eating guidelines)	y, Heat transfer (cooker), measuring & knife skills.	S.1, S.2, S.3, S.4, S.6, S.7 & S.10	KS2 knowledge of the Eatwell plate.	L6. Healthy eating guideline lesson 1 (The Eat well guide)	diet, nutrients, macronutrients, micronutrients, protein, carbohydrate,	Healthy eating		Research and write an article to inform students in Westfield academy about the benefits of healthy eating using; following the dietary guideline – include the negative impacts of a poor diet. Recipe: Own pasta salad recipe.	See Google classroom
ico J Fres	5		nearly eating guarantesy	Julia.	31, 31, 33, 34, 30, 37 & 310	NOT KNOWLUGE OF the Estively plate.	Lut Well Suide)	micronatricita, protein, carbonyarate,	ricularly counts	Section 2 1000, Nutrition & rection		See deagte classiform
			FPT 5 - Potato wedges & coleslaw				17 Healthy eating guideline lesson 7 (8	physical activity levels, salt, saturated/			Create a mind-map of food items that contribute towards the illness / diseases identified in the Moodboard shown in the PowerPoint – see Google classroom. Explain why the food listed are unhealthy. Recipe: Sweet potato wedges & own coleslaw recipe.	
6 9-Feb	6th		(Composite dish - starchy carbohydrate)	Grating & knife skills and heat transfer.	S.1, S.2, S.3, S.4 & S.6	The Eatwell guide	tips for healthy eating)	unsaturated fat	Healthy eating	Section 1 - Food, Nutrition & Health		See Google classroom
											Produce a research page on the different types of yeast (fresh yeast, dried yeast & fast action yeast).	
Half Term	Half-term	16th - 20th February									,,,,,	See Google classroom
1 23-Feb	1st		L8. Function of ingredients (in bread) & yea experiment planning)	Measuring skills.	S.10	Scientific experiment procedures, fair test	L9. Explore the conditions necessary for yeast to grow investigation (Experiment)	fermentation, gliadin, glutenin, gluten	Food investigation	Section 6 - NEA 1		
								Hydration, dehydration, heat stroke,			Produce a revision mind-map on food safety and nutrition (The Eatwell guide, 8 tips for healthy eating the 5 nutrients, water & fibre).	
Mar 2 2-Mar	2nd		FPT 6 - Seeded bread rolls - plaited. (function of yeast.)	on measuring, plaiting and heat transfer skills.	S.1, S.4, S.6, S.7, S.10 & S.11	Non-Nutrients	L10. Functions & deficiencies of water & fibre	faeces, urine, perspiration, constipation, Non-Starch Polysaccharide	Healthy eating	Section 1 - Food, Nutrition & Health		See Google classroom
								·				·
			EDT 7 Scope based Divas & temping	safe cutting skills, rubbing-in skills & heat		General knowledge of what's on a food	L11. Food labelling (What must be on a				Create a cheese scone food label, follow the instructions on the Traffic light labelling worksheet given on Google classroom. Recipe: Own savoury or sweet scone recipe.	
3 9-Mar	3rd		FPT 7 - Scone based Pizza & topping (seasonality & support for local farmers)		S.1, S.4, S.5 & S.11	label	label & traffic lights labels)	use by or best before date	Understanding food labels	Section 5 - Food provenance		See Google classroom
				Measuring, mixing / whisking and heat			L12. Food miles, Seasonal foods & ethical					
4 16-Mar	4th		FPT 8 - Chocolate cupcakes	transfer skills.	S.1, S.4, S.5 & S.11	Climate, transport links, farming methods	views.	farming, food miles	Food choice	Section 4 - Food choice	Research and produce an article on how to reduce food waste in the UK. Complete the seasonality chart of foods grown in the UK. Recipe: Yeast-based pizza.	See Google classroom
			L13. Sensory analysis & tasting - Biscuits to:	ste taste buds, olfactory receptors, sensory		Descriptive knowledge & personal						
5 23-Mar	5th		testing	descriptors		experience.	Spring term Test - 2		Food choice	Section 4 - Food choice	Modify the chocolate cupcake (https://www.bbcgoodfood.com/recipes/amazing-chocolate-cupcakes) and create a pictorial (with images) recipe card.	See Google classroom
Easter Break	Easter	30th March to										
Easter Break	Break	10th April 2026						Town Above Det 17 2				
		1						Term three - Rotation 3				
								Bacteria, pathogen, micro-organisms,			Design an informative poster on how to prevent food poisoning. Include a labelled drawing of a thermometer showing the danger zone and the safe zones for preventing food	
And		474h A11	lecet day	Neal 14 lates admir 9 Feet 1 1 1 1 1	9. cofetu	Food buries hashing for	12 0	perishable, cooking, cleaning, chilling,	Food humines have a fin	Seetle - 2 Cond C	poisoning.	San Ganala classroom
April 1 13-Apr	1ST	13th April	Inset day No Pract	tical - L1. Intro, admin & Food hygiene, health	ox soriety.	Food hygiene, health & safety.	L2. Bacteria & the 4C's.	cross-contamination Gram, kilogram, litre, millilitre, cup,	Food hygiene, health & safety.	Section 3 - Food safety	 	See Google classroom
			FPT 1 - Carrot & celery sticks (Knife skills 8			Scales of measurement, equipment used	L3. Equipment & measuring (in Food	teaspoon, table spoon, scale, measuring jug, julienne, baton, macedoine,			Convert the cake recipe given, follow the instructions on the home learning PowerPoint on Google classroom. Recipe: Fruit smoothie or fruit kebab.	
2 20-Apr	2nd		classic vegetable cuts)	chopping board.	S.1, S.2 & S.3	to measure	room)	, ag james, auton, muccount,	Measurement scales, knife skills	Section 2 - Food science	 	See Google classroom
				Safe cutting skills (claw grip & bridge		Basic cooking procedures - cross-					Complete the oven worksheet, see Google classroom for instructions. Recipe: Quorn or courgette nugget.	
May 3 27-Apr	3rd		Bank holiday FPT 2 - Chicken Nuggets & dip (Heat transfe		S.1, S.2, S.4, S.6 & S.7	curricular transfer of heat	L4. Reasons for cooking & heat transfer	Conduction, convection, radiation	Cooking with meat, safety in the kitchen	Section 2 - Food science	<u> </u>	See Google classroom
			FPT 3 - Apple Crumble (Fast & slow energ	y Safe cutting skills (claw grip & bridge							Design an information poster to tell people what happens to their food once it enters their mouths? Your poster needs to include these words: Recipe: Own fruit crumble.	
4 4-May	4th	May bank holiday	Bank holiday release)	hold) and heat transfer knowledge	S.1, S.2, S.3, S.4 & S.6	Digestive system	L5. Digestion & Energy needs	digestion, saliva, pancreas, oesophagus	Cooking methods	Section 1 - Food, Nutrition & Health	<u> </u>	See Google classroom
				lu-ta-refer ()				diet, nutrients, macronutrients,			Research and write an article to inform students in Westfield academy about the benefits of healthy eating using; following the dietary guideline – include the negative impacts of	
5 11-May	5th		FPT 4 -Cous Cous and roasted Veg (5-a-day healthy eating guidelines)	y, Heat transfer (cooker), measuring & knife skills.	S.1, S.2, S.3, S.4, S.6, S.7 & S.10	KS2 knowledge of the Eatwell plate.	L6. Healthy eating guideline lesson 1 (The Eat well guide)	micronutrients, protein, carbohydrate, fats, vitamins, minerals	Healthy eating	Section 1 - Food, Nutrition & Health	a poor diet. Recipe: Own pasta salad recipe.	See Google classroom
			, , , , , , , , , , , , , , , , , , , ,				J	, , , , , , , , , , , , , , , , , , , ,	7 0		Construction and was of food Book that contribute towards the Blace of the second seco	·
			FPT 5 - Potato wedges & coleslaw				L7. Healthy eating guideline lesson 2 (8	physical activity levels, salt, saturated/			Create a mind-map of food items that contribute towards the illness / diseases identified in the Moodboard shown in the PowerPoint – see Google classroom. Explain why the food listed are unhealthy. Recipe: Sweet potato wedges & own colesiaw recipe.	
6 18-May	6th	254 44	(Composite dish - starchy carbohydrate)	Grating & knife skills and heat transfer.	S.1, S.2, S.3, S.4 & S.6	The Eatwell guide	tips for healthy eating)	unsaturated fat	Healthy eating	Section 1 - Food, Nutrition & Health		See Google classroom
Half-term	Half-term	25th May to 29th May 2025									Produce a research page on the different types of yeast (fresh yeast, dried yeast & fast action yeast).	See Google classroom
lune	,		L8. Function of ingredients (in bread) & year		S.10	Scientific experiment are advant for	L9. Explore the conditions necessary for	fermentation elipsin el trada el	Eggel investigation	Section 6 ME1 1		
June 1 1-Jun	4St		experiment <i>planning</i>)	Measuring skills.	5.10	Scientific experiment procedures, fair test	yeast to grow investigation (Experiment)		Food investigation	Section 6 - NEA 1		
			EDT 6 Conded broad ! !- !- !	nn massuring platting and beautier of			I10 Eunctions & deficienting of	Hydration, dehydration, heat stroke,			Produce a revision mind-map on food safety and nutrition (The Eatwell guide, 8 tips for healthy eating the 5 nutrients, water & fibre).	
2 15-Jun	2nd		FPT 6 - Seeded bread rolls - plaited. (function of yeast.)	on measuring, plaiting and heat transfer skills.	S.1, S.4, S.6, S.7, S.10 & S.11	Non-Nutrients	L10. Functions & deficiencies of water & fibre	faeces, urine, perspiration, constipation, Non-Starch Polysaccharide	Healthy eating	Section 1 - Food, Nutrition & Health		See Google classroom
2 27	2		FPT 7 - Scone based Pizza & topping	safe cutting skills, rubbing-in skills & heat	S.1, S.4, S.5 & S.11	General knowledge of what's on a food	L11. Food labelling (What must be on a	use by or bort bof d-t-	Understanding food labels	Section F. Food pre	Create a cheese scone food label, follow the instructions on the Traffic light labelling worksheet given on Google classroom. Recipe: Own savoury or sweet scone recipe.	See Google classroom
3 22-Jun	310		(seasonality & support for local farmers)	transfer skills.	3.1, 3.4, 3.5 & 5.11	label	label & traffic lights labels)	use by or best before date	Understanding food labels	Section 5 - Food provenance	 	See Google classroom
	[[Measuring, mixing / whisking and heat			L12. Food miles, Seasonal foods & ethical	organic, genetic modification, intensive				
4 29-Jun	4th		FPT 8 - Chocolate cupcakes	transfer skills.	S.1, S.4, S.5 & S.11	Climate, transport links, farming methods	views.	farming, food miles	Food choice	Section 4 - Food choice	Research and produce an article on how to reduce food waste in the UK. Complete the seasonality chart of foods grown in the UK. Recipe: Yeast-based pizza.	See Google classroom
			113 Sensony popularie & tortion Provide to	ete tasta huds olfactoru rocontoru c		Descriptive knowledge 9, porce1						
July 5 6-Jul	5th		L13. Sensory analysis & tasting - Biscuits ta: testing	ste taste buds, olfactory receptors, sensory descriptors		Descriptive knowledge & personal experience.	Summer term Test - 3		Food choice	Section 4 - Food choice	Modify the chocolate cupcake (https://www.bbcgoodfood.com/recipes/amazing-chocolate-cupcakes) and create a pictorial (with images) recipe card.	See Google classroom
6 13-Jul	6th											
	1	17th - 21st July										
7 1/1.26	7th	(Activities week)???	Activities week				Activities week					
7 Jul-26		,										