Topic / Unit: Fundamentals of Food & Nutrition.

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Month	Week n	Date		2024 / 2025 Academic year		Year 7	Year 7	Year 7	Year 7 - Weekly homeworks include - Recipes & Sensory analysis & evaluations.	Year 7
			Week	Dates		Practical	Theory Lesson Topics (new declarative knowledge)	Link to AQA FPN Specification	Homework	Homework links
			TT CON	24.60			•	Term one - Rotation 1	10110101	THE HOLL OF A THIRD
Sept	1	2-Sep	1st	2nd & 3rd eptember	Inset days					See Google classroom
зере	_	2 эср	150	zna d ora eptember	miset days					See Google classicom
						No Practical - L1. Intro, admin & Food			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 poisoning.	
	2	9-Sep	2nd			hygiene, health & safety.	L2. Bacteria & the 4C's.	Section 3 - Food safety	-	See Google classroom
	3	16-Sep	3rd			FPT 1 - Carrot & celery sticks (Knife skills & classic vegetable cuts)	L3. Equipment & measuring (in Food room)	Section 2 - Food science	Convert the cake recipe given, follow the instructions on the home learning PowerPoint on Google classroom. Recipe: Fruit smoothie or fruit kebab.	See Google classroom
	3	10-Зер	Jiu			classic vegetable cuts)	roomy	Section 2 - 1 ood science	-	See Google Classroom
	4	23-Sep	4th	20th September	All staff TD*	FPT 2 - Chicken Nuggets & dip (Heat transfer)	L4. Reasons for cooking & heat transfer	Section 2 - Food science	Complete the oven worksheet, see Google classroom for instructions. Recipe: Quorn or courgette nugget.	See Google classroom
	5	30-Sep	5th			FPT 3 - Apple Crumble (Fast & slow energy release)	L5. Digestion & Energy needs	Section 1 - Food, Nutrition & Health	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.	See Google classroom
Oct	6	7-Oct	6th			FPT 4 -Cous Cous and roasted Veg (5-a-day, healthy eating guidelines)	L6 . Healthy eating guideline lesson 1 (The Eatwell guide)	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 a poor diet. Recipe: Own	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 listed are unhealthy.	
	7	14-Oct	7th			FPT 5 - Potato wedges & coleslaw (Composite dish - starchy carbohydrate)	L7. Healthy eating guideline lesson 2 (8 tips for healthy eating)	Section 1 - Food, Nutrition & Health	Recipe: Sweet potato wedges & own coleslaw recipe.	See Google classroom
		21-Oct	0.1			L8. Function of ingredients (in bread) & yeast	L9. Explore the conditions necessary for	Section 6 - NEA 1	Produce a research page on the different types of yeast (fresh yeast, dried yeast & fast action yeast).	Con Constanting
	8	21-000	8th			experiment <i>planning</i>)	yeast to grow investigation (Experiment)	Section 6 - NEA 1		See Google classroom
	Half Term		Half-term	28th October - 1st November						
						FPT 6 - Seeded bread rolls - plaited. (function	L10. Functions & deficiencies of water &		Produce a revision mind-map on food safety and nutrition (The Eatwell guide, 8 tips for healthy eating the	
Nov	1	4-Nov	1st			of yeast.)	fibre	Section 1 - Food, Nutrition & Health	5 nutrients, water & fibre).	See Google classroom
						FPT 7 - Scone based Pizza & topping	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	
	2	11-Nov	2nd			(seasonality & support for local farmers)	label & traffic lights labels)	Section 5 - Food provenance	Google classroom. Recipe: Own savoury or sweet scone recipe.	See Google classroom
	2	10 No.	3rd			EDT 0. Charalata avenalus	L12. Food miles, Seasonal foods & ethical	Castian 4 Food shains	Research and produce an article on how to reduce food waste in the UK. Complete the seasonality chart	Can Canala almana
	3	18-Nov	3ra			FPT 8 - Chocolate cupcakes L13. Sensory analysis & tasting - <i>Biscuits taste</i>	views.	Section 4 - Food choice	of foods grown in the UK. Recipe: Yeast-based pizza. Modify the chocolate cupcake (https://www.bbcgoodfood.com/recipes/amazing-chocolate-cupcakes) and	See Google classroom
	4	25-Nov	4th			testing	Autumn term Test - 1	Section 4 - Food choice	create a pictorial (with images) recipe card.	See Google classroom
Dec	5	28-Nov	5th	28th - & 29th November	Inset & OD*					See Google classroom
	6	2-Dec 9-Dec	6th 7th		1	Bonus lesson - Glass stained biscuits Bonus lesson - Sensory analysis of Minced pies	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 Br		Christmas	20th December to		Donas lesson - Sensory analysis of Winicea pies	Donas ressort 1 oou packaging (produce	Section 4 - 1 ood choice		See Google classiooni
C	hristmas Br	eak	Break	3rd January 2025						
	Term two - Rotation 2									
									Design an informative poster on how to prevent food poisoning. Include a labelled drawing of a	
						No Practical - L1. Intro, admin & Food			thermometer showing the danger zone and the safe zones for preventing food poisoning.	
Jan	1	6-Jan	1st	6th January	Inset day	hygiene, health & safety.	L2. Bacteria & the 4C's.	Section 3 - Food safety		See Google classroom
									Convert the cake recipe given, follow the instructions on the home learning PowerPoint on Google classroom. Recipe: Fruit smoothie or fruit kebab.	
	2	13-Jan	2nd			FPT 1 - Carrot & celery sticks (Knife skills & classic vegetable cuts)	L3. Equipment & measuring (in Food room)	Section 2 - Food science		See Google classroom
						00001	,		†	
	_	20.15	3rd			EDT 2 Chickon Nuggots 9 die / Unat terra fact	IA Peacons for eagling 8 hard transfer	Section 2 - Food science	Complete the oven worksheet, see Google classroom for instructions. Recipe: Quorn or courgette nugget.	Saa Gaarla alas
	3	20-Jan	ora		+	FPT 2 - Chicken Nuggets & dip (Heat transfer)	L4. Reasons for cooking & heat transfer	Section 2 - rood science	-	See Google classroom
						FPT 3 - Apple Crumble (Fast & slow energy			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	27-Jan	4th			release)	L5. Digestion & Energy needs	Section 1 - Food, Nutrition & Health		See Google classroom
Feb	5	3-Feb	5th			FPT 4 -Cous Cous and roasted Veg (5-a-day, healthy eating guidelines)	L6. Healthy eating guideline lesson 1 (The Eat well guide)	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 a poor diet. Recipe: Own	See Google classroom
									Create a mind-map of food items that contribute towards the illness / diseases identified in the	
						FPT 5 - Potato wedges & coleslaw	L7. Healthy eating guideline lesson 2 (8		Moodboard shown in the PowerPoint – see Google classroom. Explain why the food listed are unhealthy. Recipe: Sweet potato wedges & own coleslaw recipe.	
	6	6-Feb	6th			(Composite dish - starchy carbohydrate)	tips for healthy eating)	Section 1 - Food, Nutrition & Health	· · · · · · · · · · · · · · · · · · ·	See Google classroom
	11-16 =		ualf / · · · ·	474 24.45.4					Produce a research page on the different types of yeast (fresh yeast, dried yeast & fast action yeast).	Can Canada di vivi
	Half Term		Half-term	17th - 21st February						See Google classroom

					L8. Function of ingredients (in bread) & yeast	L9. Explore the conditions necessary for			
	1	20-Feb	1st		experiment <i>planning</i>)	yeast to grow investigation (Experiment)	Section 6 - NEA 1		
								Produce a revision mind-map on food safety and nutrition (The Eatwell guide, 8 tips for healthy eating the	
					FPT 6 - Seeded bread rolls - plaited. (function	L10. Functions & deficiencies of water &		5 nutrients, water & fibre).	
Mar	2	27-Feb	2nd		of yeast.)	fibre	Section 1 - Food, Nutrition & Health	-	See Google classroom
								Create a cheese scone food label, follow the instructions on the Traffic light labelling worksheet given on	
	2	6.14.	2.4		FPT 7 - Scone based Pizza & topping	L11. Food labelling (What must be on a	6	Google classroom. Recipe: Own savoury or sweet scone recipe.	See Constant and an area
	3	6-Mar	3rd		(seasonality & support for local farmers)	label & traffic lights labels)	Section 5 - Food provenance	-	See Google classroom
						L12. Food miles, Seasonal foods & ethical		Research and produce an article on how to reduce food waste in the UK. Complete the seasonality chart	
	4	13-Mar	4th		FPT 8 - Chocolate cupcakes	views.	Section 4 - Food choice	of foods grown in the UK. Recipe: Yeast-based pizza.	See Google classroom
	_				L13. Sensory analysis & tasting - Biscuits taste			Modify the chocolate cupcake (https://www.bbcgoodfood.com/recipes/amazing-chocolate-cupcakes) and	
	5	20-Mar 27-Mar	5th 6th		testing	Spring term Test - 2	Section 4 - Food choice	create a pictorial (with images) recipe card.	See Google classroom
	Easter Brea		Easter	7th April to					
_	Easter Brea		Break	21st April 2025					
				·		Term three - Rota	ation 3		
						Territoria Nota			
								Design an informative poster on how to prevent food poisoning. Include a labelled drawing of a	
					No Practical - L1. Intro, admin & Food			thermometer showing the danger zone and the safe zones for preventing food poisoning.	
April	1	18-Apr	1st	22nd April	Inset day hygiene, health & safety.	L2. Bacteria & the 4C's.	Section 3 - Food safety		See Google classroom
								Convert the cake recipe given, follow the instructions on the home learning PowerPoint on Google	
					FPT 1 - Carrot & celery sticks (Knife skills &	L3. Equipment & measuring (in Food		classroom. Recipe: Fruit smoothie or fruit kebab.	
	2	24-Apr	2nd		classic vegetable cuts)	room)	Section 2 - Food science	-	See Google classroom
								Complete the guar worksheet see Coorde classroom for instructions. Reside: Quarter or coursette nurset	
Mari	2	2-May	3rd	1et Mari	Bank holiday FPT 2 - Chicken Nuggets & dip (Heat transfer)	L4. Reasons for cooking & heat transfer	Section 2 - Food science	Complete the oven worksheet, see Google classroom for instructions. Recipe: Quorn or courgette nugget.	Saa Caaala slassraam
May	3	Z-IVIdy	Sru	1st May	Bank nonday FFT 2 - Chicken Nuggets & dip (neat transier)	L4. Reasons for cooking & fleat transfer	Section 2 - Food science	-	See Google classroom
					FPT 3 - Apple Crumble (Fast & slow energy			Design an information poster to tell people what happens to their food once it enters their mouths? Your	
	4	8-May	4th		release)	L5. Digestion & Energy needs	Section 1 - Food, Nutrition & Health	poster needs to include these words: Recipe: Own fruit crumble.	See Google classroom
								Research and write an article to inform students in Westfield academy about the benefits of healthy	
					FPT 4 -Cous Cous and roasted Veg (5-a-day,	L6. Healthy eating guideline lesson 1 (The		eating using; following the dietary guideline – Include the negative impacts of a poor diet. Recipe: Own	
	5	15-May	5th		healthy eating guidelines)	Eat well guide)	Section 1 - Food, Nutrition & Health	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 listed are unhealthy.	
	6	22-Mav	6th		FPT 5 - Potato wedges & coleslaw (Composite dish - starchy carbohydrate)	L7. Healthy eating guideline lesson 2 (8 tips for healthy eating)	Section 1 - Food, Nutrition & Health	Recipe: Sweet potato wedges & own coleslaw recipe.	See Google classroom
	Half-term	ZZ-IVIQY	Half-term	26th May to 30th May 2025	(composite dish - starchy carbonydrate)	tips for fleating eating)	Section 1 - 1000, Nutrition & Health	Produce a research page on the different types of yeast (fresh yeast, dried yeast & fast action yeast).	See Google classroom
				2000 1000 1000 1000 1000 1000 1000 1000				, , , , , , , , , , , , , , , , , , ,	
					L8. Function of ingredients (in bread) & yeast	L9. Explore the conditions necessary for			
June	1	5-Jun	1st		experiment <i>planning</i>)	yeast to grow investigation (Experiment)	Section 6 - NEA 1		
					EDT C. Cooded broad calls into the difference	110 Functions 9 deficienting		Produce a revision mind-map on food safety and nutrition (The Eatwell guide, 8 tips for healthy eating the 5 nutrients, water & fibre).	
	2	12-Jun	2nd		FPT 6 - Seeded bread rolls - plaited. (function of yeast.)	L10. Functions & deficiencies of water & fibre	Section 1 - Food, Nutrition & Health	Sindifficial, water & horej.	See Google classroom
					2. 100001		223, 123, 130, 130, 130, 130, 130, 130, 130, 13	†	
					FPT 7 - Scone based Pizza & topping	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	
	3	19-Jun	3rd		(seasonality & support for local farmers)	label & traffic lights labels)	Section 5 - Food provenance	Google classroom. Recipe: Own savoury or sweet scone recipe.	See Google classroom
					, , , , , , , , , , , , , , , , , , , ,		·]	
						L12. Food miles, Seasonal foods & ethical		Research and produce an article on how to reduce food waste in the UK. Complete the seasonality chart	
	4	26-Jun	4th		FPT 8 - Chocolate cupcakes	views.	Section 4 - Food choice	of foods grown in the UK. Recipe: Yeast-based pizza.	See Google classroom
					112 Concern analysis & testing Birmits to the			Modify the chocolate curcular (https://www.bhogoodfood.com/recipes/seesites-seesites	
July	5	3-Jul	5th		L13. Sensory analysis & tasting - Biscuits taste testing	Summer term Test - 3	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
		3 701	5		County	January term rest - 3	223317 1000 (11010)	2.222 p. 2.000 q. managery corpe out u.	See Soogie classiooni
	6	10-Jul	6th						
				1.4±b 22 mal livilia					
				14th - 22nd July	A ctivities week	Activities week			
	7	Jul-23	7th	(Activities week)???	Activities week	Activities week			
	7	15-Jul	Summer H.						

1	2nd & 3rd Sept. Inset days
2	4th Sept. year 7 & 12 start.
3	5th Sept. whole school start.
4	20th Sept Staff day (no students)
5	28th Nov - Inset day
6	29th Nov - Occasional day
7	6th January - Inset day
8	22nd April - Inset day
9	1st May - Bank holiday