

## Subject: Food Technology

### Year 7

#### Learning Block 1, 2, 3 & 4

<p><b>KNOWLEDGE</b></p>	<p>Food safety and hygiene.          Weighing and measuring.          Using the hob and oven.          Selecting and preparing ingredients to make a variety of quality products.          Food poisoning bacteria and high risk foods.          Cooking and storing food safely.          8 tips for healthy eating and the Eatwell Guide.          Nutrients and energy.</p>
<p><b>SKILLS</b></p>	<p>Practical skills.          Research skills.          Teamwork skills.</p>
<p><b>ASSESSMENT</b></p>	<p>Knowledge test.          Practical assessments.          Classwork.          Homework.</p>