



Curriculum Summary Document

Year 7 Subject Hospitality

Module/Unit of Learning Year 7	Term Taught	What will students learn?	How will this build a broad and strong foundation?	Links to other subjects
Why we eat food, and the role of nutrients. Intro to the Eat well Guide.	1	<p>Students will learn about the nutritional needs for a body to function properly, they will learn about balanced diets and what each nutrient does for the body to be healthy. The nutrients they study will be Protein, Carbohydrates, Fats, Vitamins and minerals. The Eat Well guide will support their learning which is set by the government. Each theory lesson connects with the dish cooked in the practical lesson</p> <p>In practical lessons students will learn how to work safely. They will follow the hygiene rules when preparing and cooking their dishes.</p> <p>Students will cook the following: Pasta salad Sausage rolls Macaroni cheese</p>	<p>The aim is for students to understand the different nutrients and how each one plays an important role in keeping the body healthy. This is in line with the government policy to eat healthy. Students will sit a written test to assess their knowledge and understanding learnt.</p> <p>Students will become more confident when using different parts of the cooker, equipment and utensils.</p>	<p>Links to:</p> <p>PE - healthy living</p> <p>Science - Nutrients</p> <p>PSHE - Eat well Guide</p> <p>IT use of iPad</p> <p>English - Reading and writing</p>
Nutrients and cooking methods.	2	<p>Students will learn about the importance of these nutrients and why they are needed in the body to be healthy. They will connect historical events with local traditions.</p> <p>In practical lessons the students will develop knife skills in preparation, and how to make a roux sauce, use the rubbing in method, and use the hob for boiling pasta, and baking in the oven</p> <p>Students will cook the following: Crumble Bread Scones</p>	<p>Students will embed nutrient knowledge, and develop cooking skills.</p> <p>Individual confidence, creativity and communication skills will develop.</p>	<p>Links to:</p> <p>Maths - measuring</p> <p>History - Victorian times</p> <p>PSHE</p>
Labels, and the important information given.	3	<p>Students will learn the information about nutrient content, including calories, fats, fibre, salt and any added sugars. Ingredients, which help with food allergies that could cause a reaction</p> <p>In practical lessons students will be more confident when using the equipment and utensils. Students will cook the following:</p> <p>Potatas Bravas Flapjack</p>	<p>This will give students the knowledge to understand the information given on ingredients and why it is so important to be there. Students will have the foundations of food knowledge, ready to begin Year 8.</p>	<p>Links to:</p> <p>Science Maths English Business</p>