

Y7 Unit Overview: Food and Nutrition

You will learn about:

The Fuel for Life project will help you to develop fundamental practical skills used when preparing a range of nutritious meals.

You will learn to identify key nutrients that we need in our diets, where these come from and how to include these in balanced healthy meal plans.

You will analyse and evaluate a wide range of recipes and healthy eating guidelines to help you plan tasty, nutritious and cost effective dishes.

You will know and understand:

- How to safely apply a range of key techniques when preparing balanced and nutritious dishes for you and your family.
- What is meant by the term 'Healthy Balanced Lifestyle' and associated guidelines.
- How to read and analyse food labels and recipes
- Alternative healthy ingredients and how to use these when adapting recipes and meal plans.
- How to cost recipes and budget meals for a family.
- How to design and plan and make your own creative and nutritious meals.

| Lesson Overview | Key Words |
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| Lesson 1 – Healthy Balanced Lifestyles Healthy Eating Guidelines. | Healthy Guidelines Nutrition Nutrient Recipe Calorie Equipment Function Evaluate Carbohydrate Protein Vitamin Exercise Technique Knife Alternative |
| Lesson 2 – Carrot & Courgette Cake Practical. Nutrients, Sources and Functions. | |
| Lesson 3 – Hidden Veg Pasta Sauce Practical. Meal Budgeting. | |
| Lesson 4 – Banana and Blueberry Muffin Practical. Healthy Alternatives/Adapting Recipes. | |
| Lesson 5- Courgette and cheese soda bread practical Benefits of vegetables in recipes. Seasonality and use of local products. | |
| Lesson 6– Cheese and Vegetable Rolls Practical. Food Labelling and Health Issues. | |
| Lesson 7– Showstopper Planning and Costing | |
| Lesson 8 – Showstopper Practical. Final Reflection. | |

Cross curricular**P.E:**

Understanding the relationship between energy used and calorie intake. Considering the nutritional requirements of different groups of people.

Science

Analysing the key nutrients required in our diets and their functions within the human body.

SMSC/PSHE:

Exploring the importance of budgeting for family meals.

Identifying ways to live healthy and balanced lifestyles.

Literacy:

Reading, analysing and writing recipes.

Key terms and definitions associated with Nutrition.

Numeracy:

Reading and analyzing food label information.

Calculating costs.

Times, Temperatures and Measurements of recipes.

Support materials and Websites

<http://www.foodafactoflife.org.uk/site.aspx?siteId=19&t=3>

<https://www.bbcgoodfood.com/>

<https://www.bbc.com/food/techniques>

<https://www.vegsoc.org/>

<https://www.bbc.com/bitesize/subjects/zb8jmp3>