

Year 7 Curriculum Overview [2026-2027]

Subject: Food Technology

1 Lesson a fortnight	Knowledge & Understanding			Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
	- Health and Safety - Hygiene - Balanced diet - Nutrition - Equipment - Cooking methods	- Cross contamination - Knife safety - Oven/hob/grill safety - Working in a tidy area, safely - Eatwell guide - 5-a-day (fruit & Vegetables) - Wholegrain foods - Enzymic browning - Energy and hydration - Ingredient choices - Measuring ingredients - Sensory evaluation - Washing up as a team - Heat transfer	- Eatwell guide - Application of knife, hob & grill safety. - Measurements / weighing of ingredients - Disciplinary literacy - Health, safety and hygiene	- Disciplinary literacy - STAR - Listening skills - Communication skills - Oracy	- Staying healthy - Listening - Following instructions - Time management - Team working - numeracy	- Health and safety and hygiene formative - Practical skills assessment
Catholicity across the Food Technology Curriculum	Ethical and sustainable design taught through discussion of environmental impact of food choices. Promoting community and common good reflected through students addressing real life challenges of budgets and making meals accessible for all. Departmental Saint Martha – Patron Saint of hospitality.					