Overview Document 2026/27	Curriculum Area: Design and Technology - Food	Year Group: 7
	Personnel Responsible: SBR	Quality Assured by: JAN

Cycle	Topic/Unit Title – *Big Question*	Content Coverage	Skill development and links to other areas of this subject's curriculum
1, 2 ,3 and 4	How can we ensure our food is nutritious and safe to eat?	• Students are introduced to working in a practical space; learning how to use equipment safely; using a range of small and large equipment; preparing a range of mainly savoury dishes; applying good personal and kitchen hygiene to ensure that food is safe to eat. • They will learn about how temperature can be used to keep food safe and food poisoning can be prevented. • Practical skills are underpinned with theory lessons which explore nutrition. Students will learn about The Eatwell Guide and how to make good choices which preparing dishes for themselves. • They will also learn about the different factors that can affect a person's food choices, such their life-stage and how allergies/intolerances will require recipes to be modified.	○ Using knives safely to prepare a wide range of ingredients. ○ Using all parts of a cooker independently. ○ Using a range of hand-held kitchen equipment. ○ Using electrical equipment safely. ○ How to tell when food is thoroughly cooked. ○ Using techniques to present food. The Keystage 3 Cooking and Nutrition Programme of Study: **Cooking and nutrition** As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. Pupils should be taught to: **Key stage 3** ▪ understand and apply the principles of nutrition and health ▪ cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ▪ become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] ▪ understand the source, seasonality and characteristics of a broad range of ingredients.