

**Continuity Curriculum**

*An online shadow curriculum for students temporarily out of lessons to ensure continuity of learning*

Year 7 Food Technology

Week Number (of carousel)	Lesson Title	Lesson Objective	<p style="text-align: center;"><b>Online Lesson Link</b></p> <p style="text-align: center;"><i>Food Technology is a practical subject at Key Stage 3, so students will not be completing live cooking lessons in this setting. Instead, they will work through the activities below, using a Chromebook to help them complete the tasks.</i></p>	Any additional instructions?
1	Food Safety & Equipment	"Staying Safe in the Kitchen: Rules, Hazards & Knife Skills"	<ul style="list-style-type: none"> <li>• Create a Kitchen Safety Poster titled "Top 10 Rules for a Safe Food Room."                             <ul style="list-style-type: none"> <li>○ Write 10 clear safety rules for working in a food room (cover hygiene, knife handling, spills, fire safety, correct clothing).</li> <li>○ Draw and label 3 hazard symbols (slippery floor, sharp knives, hot surfaces).</li> </ul> </li> <li>• Write a short paragraph (6–8 sentences) explaining:                             <ul style="list-style-type: none"> <li>○ Why hygiene is essential in cooking.</li> <li>○ The most common kitchen accidents and how to prevent them.</li> </ul> </li> <li>• Research (using Chromebook) two types of chopping board colours and what each colour is used for.</li> <li>• Draw and label a knife diagram showing:                             <ul style="list-style-type: none"> <li>▪ Blade</li> <li>▪ Handle</li> <li>▪ Bolster</li> <li>▪ Heel</li> <li>▪ tip</li> </ul> </li> <li>• Extension: Write a scenario of a kitchen accident and explain how it could have been avoided.</li> </ul>	<ul style="list-style-type: none"> <li>• Spend at least 40 minutes on your poster – make it neat and colourful.</li> <li>• Spend 30 minutes on your written paragraph and chopping board research.</li> <li>• Spend 20 minutes on your knife diagram and extension scenario.</li> <li>• Use the Chromebook to find examples of kitchen hazard signs for inspiration.</li> <li>• Submit your poster and writing to staff when finished.</li> </ul>
2	Nutrition & Eatwell Guide	"Fuel for Life: Building a Balanced Plate"	<ul style="list-style-type: none"> <li>• Draw a large Eatwell Guide plate (divide into sections).</li> <li>• Plan three meals (breakfast, lunch, dinner) for a healthy day:</li> <li>• Label which food group each item belongs to.</li> <li>• Annotate with at least one key nutrient per food.</li> <li>• Write a one-paragraph explanation (8+ sentences) of how your day of meals supports energy, growth, and overall health.</li> <li>• Research one health risk of a poor diet and summarise in a short paragraph (4–6 sentences).</li> <li>• Extension: Plan a snack that fits the Eatwell proportions.</li> </ul>	<ul style="list-style-type: none"> <li>• Spend 50 minutes on your Eatwell Guide and meals plan.</li> <li>• Spend 30 minutes on your paragraph explanation and snack plan.</li> <li>• Spend 20 minutes on your health risk research and paragraph.</li> <li>• Use the Chromebook to find Eatwell Guide examples to copy accurately.</li> </ul>
3	Function of Ingredients	"Magic of Ingredients: Flour, Fat & Sugar in Action"	<ul style="list-style-type: none"> <li>• Create a three-column table for Flour, Fat, and Sugar with headings:                             <ul style="list-style-type: none"> <li>○ "Role in Recipes"</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Spend 50 minutes filling in your table in detail.</li> </ul>

			<ul style="list-style-type: none"> <li>○ "What Happens if Too Much/Too Little"</li> <li>○ "Examples of Recipes"</li> <li>• Write at least 3 points per column for each ingredient.</li> <li>• Write a short explanation (8–10 sentences) of one cooking process: <ul style="list-style-type: none"> <li>○ Choose from creaming, rubbing-in, gelatinisation, or aeration.</li> </ul> </li> <li>• Extension: Research and list 3 ways to reduce sugar in baking without losing flavour.</li> </ul>	<ul style="list-style-type: none"> <li>• Spend 30 minutes on your cooking process explanation.</li> <li>• Spend 20 minutes on your sugar reduction research.</li> <li>• Use diagrams or drawings to make your work visually clear.</li> </ul>
4	Food Choices & Influences	"What's on Your Plate? Exploring Food Choices & Influences"	<ul style="list-style-type: none"> <li>• Read up on these three example profiles: <ul style="list-style-type: none"> <li>○ A vegan athlete</li> <li>○ A child with a nut allergy</li> <li>○ An older adult with diabetes</li> </ul> </li> <li>• Choose one person and design a 1-day menu (breakfast, lunch, dinner, snack) for them.</li> <li>• Write a paragraph for each meal explaining why it's suitable.</li> <li>• Create a mind map of food choice factors (culture, religion, cost, allergies, ethics, lifestyle). Include at least 8 factors.</li> <li>• Extension: Write a short explanation (4–6 sentences) of a food tradition from your own culture or family.</li> </ul>	<ul style="list-style-type: none"> <li>• Spend 60 minutes planning your menu and writing paragraphs.</li> <li>• Spend 30 minutes on your mind map.</li> <li>• Spend 10 minutes on your extension activity.</li> <li>• Use Chromebook to check dietary requirements for your chosen profile.</li> </ul>
5	Sensory Testing & Evaluation	"Tasting Like a Scientist: Sensory Testing & Food Evaluation"	<ul style="list-style-type: none"> <li>• Create a word bank of 20 sensory terms (taste, texture, aroma, appearance).</li> <li>• Choose 3 foods you know well (e.g., pizza, chocolate, soup) and make a star profile (spider diagram) for each, scoring them 1–5 for appearance, smell, taste, and texture.</li> <li>• Write a review paragraph (4–6 sentences) of each food, describing your scores.</li> <li>• Extension: Write an explanation of how sensory testing helps food businesses improve their products.</li> </ul>	<ul style="list-style-type: none"> <li>• Spend 30 minutes creating your word bank.</li> <li>• Spend 40 minutes drawing star profiles for 3 foods.</li> <li>• Spend 20 minutes writing your reviews.</li> <li>• Spend 10 minutes on your extension explanation.</li> <li>• Look up examples of sensory testing diagrams on the Chromebook.</li> </ul>
6	Food Waste & Sustainability	"Love Food, Hate Waste: Cooking Sustainably with Seasonal Ingredients"	<p>Here are some leftover foods:</p> <ul style="list-style-type: none"> <li>○ Stale bread, wilting vegetables, leftover rice, overripe bananas, opened milk, leftover chicken.</li> <li>○ Write how you would store each item to make it last longer.</li> <li>• Create one recipe using at least 3 leftovers. Write step-by-step instructions.</li> <li>• Write 3 waste reduction tips for families.</li> <li>• Extension: Pick one ingredient and find out where it is grown. Estimate its food miles and write a short summary.</li> </ul>	<ul style="list-style-type: none"> <li>• Spend 40 minutes on the storage solutions.</li> <li>• Spend 30 minutes planning and writing your recipe</li> <li>• Spend 20 minutes on your tips and extension task.</li> <li>• Use your Chromebook to research food storage best practices and food miles.</li> </ul>