

### **Mapped Overview – Year 7 FOOD**

Sequence	Lesson	Homework
1	Understanding of module and health and safety. Plan practical.	Bring in ingredients and a container for Fruit Salad.
2	Practical – Make Fruit Salad	
3	The Eat Well Guide – Micro and Macro Nutrients	
4	Product analysis and Traffic Light Labelling	
5	Heat Transfer when cooking	Bring ingredients for Pasta Salad.
6	Practical – Make Pasta Salad	
7	BMI & Diet Related Diseases	Bring in ingredients for Pizza
8	Practical – Pizza	
9	Healthy Eating & Food Choices	Bring ingredients for making Muffins, remember your muffin cases.
10	Practical – Healthy Muffins	
11	Global Marketing for Food	Bring in ingredients for flavoured Bread Rolls.
12	Practical – Batch Production of Fish Cakes	