

Yr 7 Cooking & NUTRITION Knowledge organiser

Practical cookery	Developing skills
1. Preparing to cook safely in the food room	Understanding the risks and the importance of personal hygiene. Learning how to stay safe in the food room using a range of cooking utensils and equipment and using risk assessment
2. Designing & assembling sandwiches	Learning basic food preparation and assembly techniques when making food products. Why food is labelled.
3. Preparing food in advance	Chopping skills. Learning the bridge and claw methods of safe chopping (cheese and potato bake1)
4. Making a cheese & potato bake	Boiling, grating, baking and garnishing a healthy product for one person (cheese and potato bake2)
5. Developing a healthy breakfast "smoothie"	Understanding importance of vitamins and nutrients in a healthy teenage breakfast alternative. Using blenders safely
6. Chocolate chip muffins	Understanding methods and following recipes - Sainsbury's 1* certificate. Accurate weighing, measuring and following recipes.
7. Cheesy carrot & courgette muffin	Savoury Dish - modifying a method & recipe - Sainsbury's 1* certificate. Making changes, accurate weighing, measuring and presenting food
8. Fork biscuits – batch production	Weighing, shaping, baking a consistent batch of "identical" biscuits
9. Designing & assembling a savoury pizza using a standard component base	Understand the use of standard components in cooking food products Design and assembly of a pizza, developing chopping, preparation and garnishing skills
10. Reflecting on my knowledge and understanding	Knowledge testing and target setting to make progress



Core knowledge and understanding (things I need to know)

I must be able to talk about the following areas with confidence:

- the principles of food safety and hygiene
- how to stay safe in the food room
- have understanding of the Eatwell Guide
- food preparation and cooking techniques used in each practical
- understand how to modify and adapt recipes to suit users needs
- understand about the key terms "nutrition" and "health"



Keywords

Know your keywords—can you SPELL and define them?



peeling slicing boiling
baking melting garnish
savory solids ingredients
weigh measure modify
assemble recipe method
standard component
plan presentation risk
carbohydrate nutrition
vitamins minerals
eat well plate user
portion control healthy eating
batch



Note to parents – No more worrying about preparing for practical homework. Your child has been given a list of ingredients for each and every practical including diary dates in class planners. You can help by signing the practical food school - home agreement to make sure that all ingredients are brought to school for practical cooking.