

Subject	Y7 Threshold Knowledge – Autumn/Spring/Summer term	How to support students' learning
Tech - Food	<p>Autumn/Spring/Summer Term</p> <p>Introduction to Food</p> <ol style="list-style-type: none"> 1. Identify the causes of cross-contamination and explain how it can be prevented. 2. Demonstrate safe use of the bridge and claw techniques when cutting ingredients. 3. Explain what high-risk foods are and how to reduce the risk of food poisoning. 4. Understand how to store food safely by knowing correct temperatures, the danger zone, and where to place foods in the fridge or at ambient temperature. 5. Describe what a balanced diet is, using the Eatwell Guide to explain the proportions and types of foods needed for good health. 6. Describe the Government's 8 healthy eating tips and how they support a balanced diet. 7. Understand how the sense of taste works and how it combines with other senses to affect the way we experience food. 8. Describe how to work safely and hygienically in a kitchen, including hand washing, safe food handling, and correct use of equipment. 9. Follow a recipe to make a range of dishes successfully. 10. Develop key practical skills such as knife handling, weighing and measuring, using the hob and oven safely, and preparing a variety of sweet and savoury dishes confidently and hygienically. 	<p>Health and Safety:</p> <ul style="list-style-type: none"> • https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/hygiene-and-safety-11-14-years/ <p>Senses:</p> <ul style="list-style-type: none"> • https://www.bbc.co.uk/teach/class-clips-video/articles/z78fbdm <p>Food poisoning:</p> <ul style="list-style-type: none"> • https://www.bbc.co.uk/teach/class-clips-video/articles/zftkjhv <p>Healthy diet:</p> <ul style="list-style-type: none"> • https://www.foodafactoflife.org.uk/11-14-years/healthy-eating-11-14-years/ • https://www.bbc.co.uk/bitesize/guides/z8rqw6f/revision/1 • https://www.foodafactoflife.org.uk/11-14-years/healthy-eating-11-14-years/eat-well-11-14-years/ <p>Practical skills:</p> <ul style="list-style-type: none"> • YouTube: Mrs James' Kitchen • https://www.foodafactoflife.org.uk/recipes/ • https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/cooking-videos-11-14-years/ • BBC Good Food: Recipes that are checked by chefs.