

**Overview**

Year 7 Food Technology covers cooking skills and nutrition. This is taught in specialist food rooms. A variety of creative design and make activities alongside developing cooking techniques and understanding how nutrition and healthy eating are developed.

Year 7 Food Technology

Term 3

In the spirit of “British Bake off” you will be working towards the Great Eskdale Bake off, creating a variety of pastry and baked products. You will look at traditional methods of baking alongside ways we can adapt recipes to make them healthier and suitable for different dietary needs.

**Term 1**

You'll learn how to operate an oven, and work safely in a kitchen. Chopping fruit and vegetables will be one skill you'll develop, along with preparing a fruit crumble. You will find out about the Healthy Eating Guide and nutritious food.

**Term 2**

You will work on the hob, creating a roux sauce and macaroni cheese. You'll find out about food hygiene when preparing and cooking chicken. Testing and tasting will be taught— things to look out for when reviewing your culinary delights.