

Food Preparation and Nutrition - Medium Term Plan - Term 3 of 3 -The Science of Cooking Food

Year Group 7	Subject: Food Preparation and Nutrition
Prior learning- linked to National curriculum	This scheme of work builds on prior knowledge, where students have gained knowledge and experience in using cooking equipment and utensils, basic cutting skills, and selecting appropriate ingredients from The Eatwell Guide. It also builds on the KS2 Science National Curriculum that introduces scientific disciplinary thinking, vocabulary, and classification, and builds on the role of fibre and organs from Year 7 Science. The scheme of work aligns with the KS3 Design and Technology: Cooking and Nutrition curriculum (England 2014) and introduces cooking methods that will be further developed in KS3 Science.
Rationale	Teaching "The Science of Cooking Food" is essential in helping students understand how different cooking methods cook food in different ways, thus emphasising the relevance of these lessons. Students will gain hands-on experience in cooking and learning the different cooking methods, such as stir-fry (conduction), and comparing them by cooking a potato in multiple ways. These lessons build on health and safety and introductory skills and address the misconception that all cooking methods are suitable for all types of food. Additionally, students will demonstrate their ability to plan, prepare, and cook a dish in a set timeframe, while applying the science of cooking. By creating their meals and adapting recipes, students will apply the knowledge and skills learned in Term 2, based on their personal preferences. The importance of these lessons is highlighted in Year 8 Term 2, where students will retrieve and build on these skills with new cooking techniques, focusing on applying this science in cooking.
Misconceptions	<ul style="list-style-type: none"> • All cooking methods are equally suitable for all types of food, and they produce the same result. • Cooking is simply a matter of applying heat to food, and the way you cook it doesn't affect its nutritional value or taste. • Food will cook faster if you turn up the heat or cook it for longer, regardless of the cooking method. • You don't need to follow a recipe or measure ingredients carefully to create a delicious meal. • Cutting skills are not essential, and food can be prepared without much effort or technique.
Vocabulary:	Keywords: Eatwell Guide; Time management, Conduction, Radiation, Convection, Boiling, Simmering, Stir Frying, Frying, Roasting, Baking, Steaming, Microwave

Cultural Capital:	To enhance students' learning and broaden their exposure to the field of food and nutrition, there are a number of potential external and visiting opportunities available, such as attending a chef demonstration by a local chef or visiting City College Catering Department.
Key assessments- name the assessments	<p>Assessment 1 - FPN: Diet and Good Health. Online test on the Eatwell guide and basic cooking methods.</p> <p>Assessment 2 - FPN: Diet and Good Health: Practical assessment on Planning, Preparing and making a nutritious dish [Stir Fry]</p>
What do children know/ can do now (EDSM)	<ul style="list-style-type: none"> ● Acquire and demonstrate skills in hob cooking, boiling, simmering, baking, and roasting. ● Create a dish using the fastest and most nutritious way of cooking (stir-fry) and demonstrate knife skills, mixing, using the hob, and draining. ● Demonstrate the ability to plan, prepare, and cook a dish in a set time frame. ● Explain different cooking methods and provide suitable suggestions for particular foods. ● Investigate and evaluate the effects of cooking vegetables. ● Acquire and demonstrate skills in weighing, measuring, peeling, grating, mixing, folding, dividing a mixture, and using the oven to prepare and cook muffins. ● Prepare and cook Cheese and Courgette Muffins. ● Emerging- To describe the reasons for cooking food ● Developing - To describe the methods of cooking and apply to different foods ● Secure - To be able to explain the how different cooking methods cook foods and suggest suitable foods to be cooked in that way ● Mastered - To explain the different types of heat transfer and suitable cooking methods with examples of the pros and cons of selected cooking methods