**Year 7 Autumn 1 Food Preparation & Nutrition**

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| **Food Preparation and Nutrition**  |
| **KPI 1 - Food Hygiene and Safety:** |
| Students will learn this knowledge through theory and practical cookery  |
| I can **list** the main stages of correct hand-washing |
|
| I can **identify** the correct order of work for washing up |
|
| I can **explain** why kitchens and cooks must be clean |
|
| **KPI 2 - Nutrition and Healthy Eating:** |
|
| Students will learn this knowledge through theory and practical cookery |
| I can **state** the 5 sections of the Eatwell Guide |
|
| I can **describe** what is meant by ‘balanced diet’ |
|
| I can **evaluate** your own diet and suggest improvements |
|
| **KPI 3 - Practical Cookery:** |
|
| Students will learn this knowledge through theory and practical cookery |
|   |
| I can **demonstrate the Bridge Hold and the Claw Grip** |
|  |
| I can **distinguish between ‘best before’ and ‘use by’ dates on packaged food** |
|   |
| I can **select correct colour of chopping boards for different food groups** |
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**Year 7 Autumn 2 Food Preparation & Nutrition**

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| **Food Preparation and Nutrition**  |
| **KPI 1 - Food Hygiene and Safety:** |
| Students will learn this knowledge through theory and practical cookery  |
| I can **list** the main stages of correct hand-washing |
|
| I can **identify** the correct order of work for washing up |
|
| I can **explain** why kitchens and cooks must be clean |
|
| **KPI 2 - Nutrition and Healthy Eating:** |
|
| Students will learn this knowledge through theory and practical cookery |
| I can **state** the 5 sections of the Eatwell Guide |
|
| I can **describe** what is meant by ‘balanced diet’ |
|
| I can **evaluate** your own diet and suggest improvements |
|
| **KPI 3 - Practical Cookery:** |
|
| Students will learn this knowledge through theory and practical cookery |
|   |
| I can **demonstrate the Bridge Hold and the Claw Grip** |
|  |
| I can **distinguish between ‘best before’ and ‘use by’ dates on packaged food** |
|   |
| I can **select correct colour of chopping boards for different food groups** |
|  |