

Food Preparation and Nutrition – Year 7

Curriculum Intent

In Year 7, students are introduced to Cooking and Nutrition through a structured rotation within Design and Technology. The curriculum establishes essential foundations in food safety, hygiene and practical kitchen skills, while introducing core nutritional knowledge. Students begin to understand how food supports health and wellbeing, and how design thinking can be applied to create safe, nutritious and affordable meals.

What Students Will Study Across the Rotation

Students begin by developing a secure understanding of kitchen safety, personal hygiene and hazard control. They learn how to work safely with large- and small-scale equipment, including correct knife skills and safe use of the hob and oven. Core routines such as weighing and measuring, temperature control, food storage and the principles of the 4 Cs are embedded from the outset to ensure safe and responsible practice.

Alongside practical skills, students are introduced to the fundamentals of nutrition. They explore why we eat food, the Eatwell Guide and the role of macronutrients and micronutrients in the body. Students consider energy balance, the effects of cooking methods on nutritional value and the health consequences of poor dietary choices. Scientific processes such as oxidation, denaturation, gelatinisation and shortening are explored through practical application, helping students understand how ingredients behave during cooking.

Throughout the rotation, students prepare a range of increasingly complex dishes that develop independence, organisation and time management. They apply their knowledge in response to a structured design brief, planning and producing a final practical outcome that demonstrates both technical skill and nutritional understanding.

Assessment and Progression

Assessment is based on practical performance, knowledge retrieval and a final Design and Make task assessed. Students are evaluated on safe working practices, technical skill, organisation and understanding of nutrition. By the end of Year 7, students can work safely and independently in a kitchen environment and explain basic nutritional principles, preparing them to develop greater independence in Year 8.
