

**Curriculum Area: Food Year: 7  
2015/2016**

Topics	Year Curriculum	How you can support learning at home, eg. Books, websites, family learning through visits.
<p>HEALTHY EATING</p> <p>8 weeks</p>	<p>This is an introduction to the basics of food technology practice and healthy eating to help students have a raised awareness of good eating habits and guide them into making healthier eating choices. It has elements of the licence to cook scheme and is based around a mixture of making and theory work, as individuals, pairs and groups. Students will have the opportunity to make familiar products in a healthier option version using a range of methods, materials and equipment.</p> <p>Students will develop their making repertoire, food preparation skills and improve their knowledge of some basic mixtures and frequently used food commodities. The unit will give the students the opportunity to develop their planning and evaluation skills and will help them to develop the use of subject specific language based on the topic and the senses.</p> <p>Knowledge of nutritional guide lines, especially as applied through the 'eat well plate' and nutrient types and functions will be developed throughout.</p>	<p><a href="http://www.uk/Change4life">www.uk/Change4life</a></p> <p><a href="http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx">www.nhs.uk/livewell/5aday/pages/5adayhome.aspx</a></p> <p><a href="http://www.food.gov.uk">www.food.gov.uk</a></p> <p>Share shopping and preparation of foods with your children.</p>

