

Learning Intention Year 7 Food Technology	Vocab	Concept	Retrieval	Success Criteria	Hinge questions for this lesson	Red Zone
<b>Week 1:</b>	Energy Eat well Nutrient Macro nutrient Micro nutrients	Eating well to stay alive	Functions of nutrients in the body	Students can apply nutritional knowledge to a range of foods	<p><b>Which mineral is important for making healthy red blood cells?</b> A. Calcium B. Iron C. Sodium D. Potassium</p> <p>✓ <b>Correct answer: B</b></p>	Recall lesson on nutrients and functions
<b>Week 2:</b>	Obesity Energy balance	What happens if we consume too much energy	Foods which are energy-dense	Students can understand what happens if we consume too much	<p><b>What is the main function of fibre in the diet?</b> A. Provides energy B. Helps digestion and prevents constipation C. Builds muscle D. Strengthens bones</p> <p>✓ <b>Correct answer: B</b></p>	Recall on macro nutrients
<b>Week 3:</b>	Malnutrition	What happens when we don't consume enough energy or nutrients	Foods which add protein and good fats to the diet	Students can understand the signs of malnutrition	<p><b>Why do teenagers need more energy than young children?</b> A. They eat more junk food B. They are growing and more active C. Their digestion is slower D. Their food choices are limited</p> <p>✓ <b>Correct answer: B</b></p>	Recall on micro nutrients

<b>Week4:</b>	Cross contamination High risk Low risk Bacteria	How food becomes contaminated  How to lower the risk of food poisoning	Ways food can be cooked safely	Students understand the importance of food safety and hygiene	<b>Which food gives the body energy?</b> A. Bread B. Water C. Salt D. Vitamins  <input checked="" type="checkbox"/> A	Questions on a range of cultural breads from around the world
<b>Week 5:</b>	Yeast Bread flour Carbon dioxide	How does bread rise? The ideal qualities of a bread bun	Name all three micronutrients and 3 macro nutrients	Students can understand the science behind	<b>Which food helps your body grow and repair?</b> A. Crisps B. Chicken C. Sugar D. Oil  <input checked="" type="checkbox"/> B	Mini test on bread making
<b>Week 6:</b>	Baking Golden brown Risen Carbon dioxide Kneading	Make a high-quality batch of bread rolls	Name all energy-dense foods	Students can make a batch of well-risen and uniform bread rolls	<b>Why should we eat fruit and vegetables every day?</b> A. They are cheap B. They have vitamins and minerals C. They are sweet D. They fill you up  <input checked="" type="checkbox"/> B	To peer assess bread rolls made by other students