

Learning Intention Year 7 Food Technology	Vocab	Concept	Retrieval	Success Criteria	Hinge questions for this lesson	Red Zone
Week 1:	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	Which mineral is important for making healthy red blood cells? A. Calcium B. Iron C. Sodium D. Potassium <input checked="" type="checkbox"/> Correct answer: B	Recall lesson on nutrients and functions
Week 2:	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	What is the main function of fibre in the diet? A. Provides energy B. Helps digestion and prevents constipation C. Builds muscle D. Strengthens bones <input checked="" type="checkbox"/> Correct answer: B	Recall on macro nutrients
Week 3:	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	Why do teenagers need more energy than young children? A. They eat more junk food B. They are growing and more active C. Their digestion is slower D. Their food choices are limited <input checked="" type="checkbox"/> Correct answer: B	Recall on micro nutrients

Week 4:	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	Which food gives the body energy? A. Bread B. Water C. Salt D. Vitamins <input checked="" type="checkbox"/> A	Questions on a range of cultural breads from around the world
Week 5:	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	Which food helps your body grow and repair? A. Crisps B. Chicken C. Sugar D. Oil <input checked="" type="checkbox"/> B	Mini test on bread making
Week 6:	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	Why should we eat fruit and vegetables every day? 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