

Food Technology Year 7

Name:Form:.....Set:.....

Your target for this year is to.....

Autumn Assessment (1) Hygiene and Safety quiz		Spring <i>Practical</i> Assessment (2)		Summer Assessment (3)	
Effort: 1,2,3,4 Behaviour: 1,2,3,4		Effort: 1,2,3,4 Behaviour: 1,2,3,4		Effort: 1,2,3,4 Behaviour: 1,2,3,4	
1 - Exceeding expected target		1 - Exceeding expected target		1 - Exceeding expected target	
2- Reaching expected target		2- Reaching expected target		2- Reaching expected target	
3- Not yet meeting expected target		3- Not yet meeting expected target		3- Not yet meeting expected target	
Homework	y/n	Homework	y/n	Homework	y/n

Autumn term pupil set goal:- _____
Date.....

Spring term pupil set goal:- _____
Date.....

Summer term pupil set goal:- _____
Date.....

Teacher_____

Test Score_____



KS4 Food technology options and career pathways

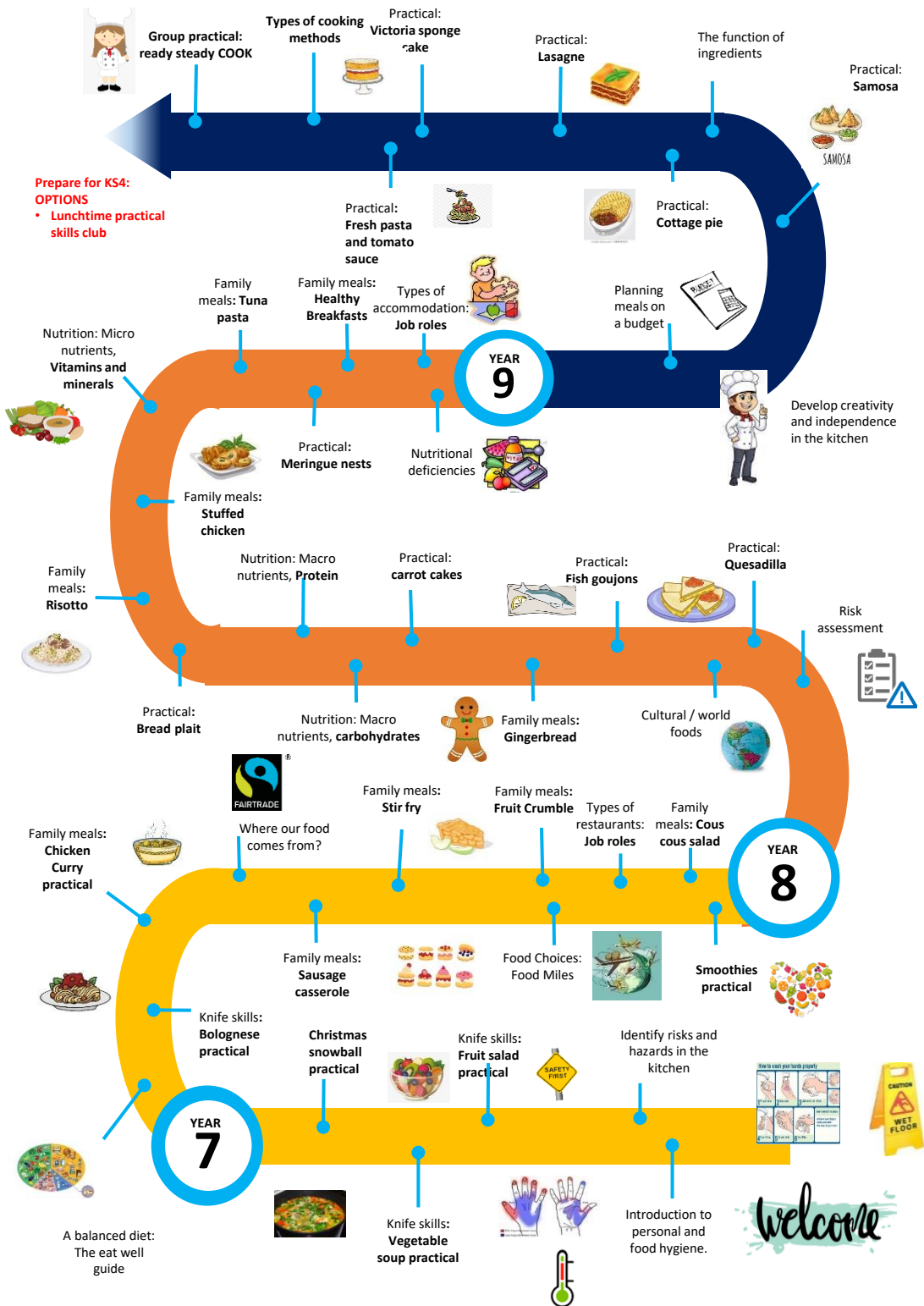


- Hospitality and Catering
- Apprenticeships
- Chef
- Dietician / nutritionist
- Hotel or restaurant staff
- Environmental health

KS3 Food Studies at Cowley



COWLEY
INTERNATIONAL COLLEGE



Year 7 10 Food/Hospitality facts:

1. We use aprons when cooking to protect ourselves and our clothing.
2. The equipment we use to prevent burns when using the oven are oven gloves/mitts.
3. The Eatwell guide is a government based initiative to ensure people have a wide variety of food in their diets.
4. The two safety methods to ensure we use knives safely are the 'Bridge' and the 'Claw' method.
5. We use a measuring jug to measure liquid correctly.
6. The units we weigh ingredients in are grams.
7. The nutrient 'protein' is for growth and repair.
8. The nutrient 'carbohydrates' are to provide our bodies with fast and slow releasing energy.
9. A method of cooking is a step by step guide to cook a dish of choice.
10. The 4C's of Food Safety are: Cleaning, cooking, cross-contamination and chilling.

Date					
Score out of 10					

Learning intentions/Recall/Retrieval

Lesson	This week's Learning intention is:- 1. 2.	Access Vocab
	Recall 5 (Date.....) * * * * *	

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	Recall 5 (Date.....) * * * * *	

Rules and expectations in Food Technology

**We listen in silence
when someone is
talking**

This applies to teacher,
support staff or pupils.

**We arrive at lessons ready
and prepared to learn**

This includes with all our
ingredients if it's a practical
lesson.

**We show respect to each
other at all times**

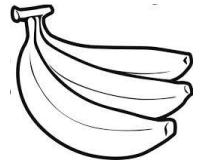
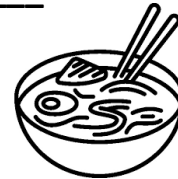
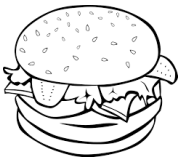
I will respect you, I expect
you to do the same

**We work to the best of our
ability**

Be willing to try hard (even
when we're cleaning)

Signed: _____

Date: _____



What is your favourite food and why?

Where do you like to go out to eat?

What would you like to learn
how to make?

Key Spellings

- Hygiene
- Contamination
- Safety
- Equipment
- Healthy
- Vegetarian



- Knife / knives
- Colander
- Sieve
- Nutrition
- Protein
- Carbohydrate



What do you mean?
Define the key words below?



Hygiene	
Cross contamination	
Eatwell guide	
Nutrients	
Fridge	
Blast chiller	
Bacteria	

Knowledge -An Introduction to Health and Safety



Find and circle the hazards in the image above and then explain what needs to be done to improve the kitchen.

Knowledge -An Introduction to Health and Safety



Can you write down 5 key personal hygiene rules for the kitchen and explain why they're important.

1 _____

2 _____

3 _____

4 _____

5 _____

Extension task:

Can you put the following key words into a sentence

Personal hygiene _____

Bacteria _____

Contamination _____

Knowledge - Bacteria Bites

1. Watch the '**Bacteria Bites**' video. What **four recommendations** does the TV chef give to prevent cross-contamination? The 4 C's

2. During the video, did you spot the chefs being **unhygienic**? Make a **list** of some of the **mistakes** you saw them make:

3. Give **two examples** of **Direct Contact Contamination**:

Describe Cross Contamination:

4. **Explain** how food can be **physically contaminated**.

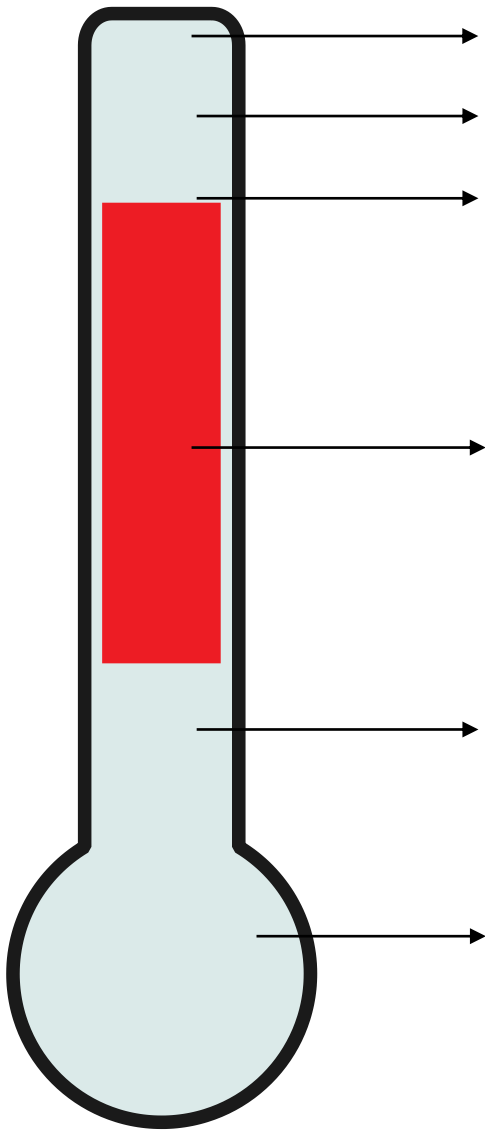
5. What are the **symptoms** of food-borne illness (**food poisoning**)?

Discuss how **food poisoning** could be **prevented**?



Date:

Knowledge ~ Key temperatures and the danger zone



Can you name 5 high risk foods?

Can you name 5 low risk foods?



Can you remember?

1. What happens to bacteria at **freezing** temperatures? _____
2. What happens to bacteria above **75°C**? _____
3. What are the **four conditions** bacteria need to multiply?

4. What are the 4 C's that control bacteria in the kitchen?

Let's check your spelling



Equipment and Utensils



Can you name each utensil and explain what it's used for?

Date:

Equipment and Utensils

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____

Date:

Health and Safety poster for the kitchen

You must include knife safety, chopping boards, key temperatures and personal hygiene rules



Effort grade

1 2 3 4

Term 1 assessment

Test Your Knowledge!



1. List 3 personal hygiene rules (3)

- _____
- _____
- _____

2. What temperature should the fridge be? (1)

3. Why do we use different coloured chopping boards (1)

4. What temperature should the freezer be? (1)

5. What is cross contamination? (1)

6. What is the danger zone? (1)

7. How do we prevent cross contamination in the kitchen? (3)

8. Can you name the 4 C's in Food safety? (4)

- _____
- _____
- _____
- _____

9. Name 3 high risk foods (3)

- _____
- _____
- _____

10. Name 3 low risk foods (3)

- _____
- _____
- _____

What did you score? _____

The Eat Well Guide

Write 3 examples of foods found within each section of the eat well guide and note down the tip or piece of advice from each section.

Carbohydrates

Fruits and vegetables

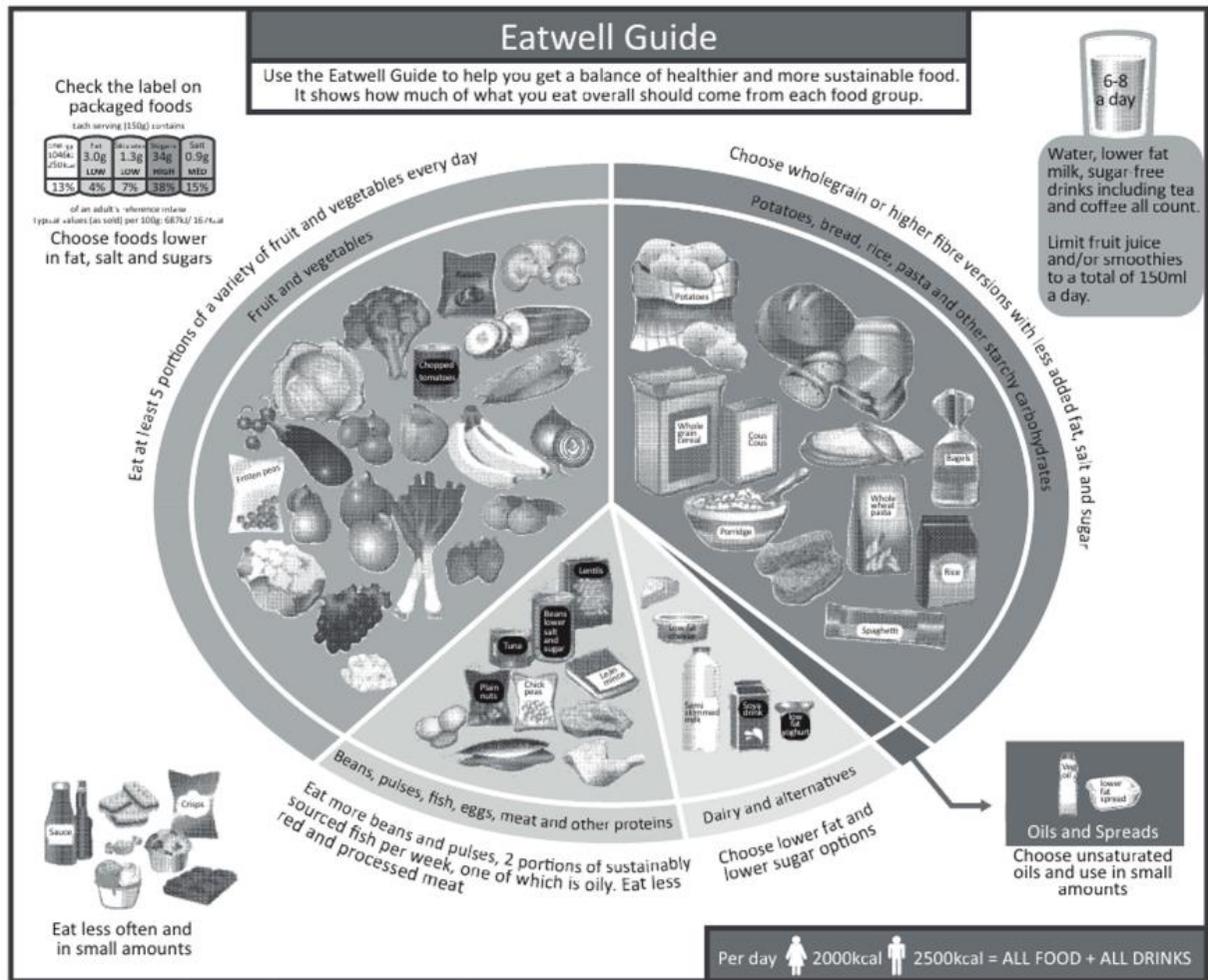
Protein

Dairy

Oils and Spreads



The Eat Well Guide



Can you note down 4 other tips for healthy eating that the eat well guide provides us with?

- _____
- _____
- _____
- _____

Why is this extra information provided?



Date:

Extension: Eat Well Guide

Can you design 3 healthy meals, making sure that each meal contains the correct ratio of foods from each section of the Eatwell guide. Make sure your diagrams are labelled.

Breakfast:

Lunch

Dinner:



Date:

Homework: Eat well guide information leaflet



Effort grade

1 2 3 4

Food Miles



Food Miles are the number of miles your food has travelled from the place it was produced to where it is eaten.

What are the problems related to shipping in foods from other countries?

Total up the number of food miles in this shop bought Pizza:

Tuna	
Flour	
Black pepper	
Pineapple	
Mozzarella	
Tomatoes	
Peppers	
Mushrooms	

Date:

Food Miles

Can you explain why we are encouraged to buy local foods?

What does seasonal mean?

Designing a seasonal British Menu

Breakfast:

Lunch:

Dinner:



Effort grade

1 2 3 4

Date:

Spelling check

Food Choices

What are the advantages and disadvantages of organic food?

Advantages	Disadvantages

Can you explain the difference in a vegetarian and a vegan?

What meat and dairy alternatives are available for vegetarian and vegans?

Effort grade

1 2 3 4

Food Choices

Can you explain the difference in free range and battery eggs?

Which eggs are more expensive and why?

Hospitality-Types of Restaurants



Hospitality-Restaurant job roles

Restaurant Careers	
Position	Duties/ Roles/Salary
Restaurant Manager	
Head Chef	
Bar Manager	
Waiting staff	
Pot washer/kitchen porter	
Bartender	
Sous Chef	
Extension: maître d	