

	Home Economics Y7
Term	Curriculum outline
Autumn 1	<p style="text-align: center;"><u>Topic; Healthy Eating</u></p> <ul style="list-style-type: none"> • Identify and name fruits and vegetables • Understand where they fit into the eat well plate • The role that fruit and vegetables play in keeping us healthy
Autumn 2	<p style="text-align: center;"><u>Topic: Healthy Eating</u></p> <ul style="list-style-type: none"> • Tasting unusual and exotic fruit and vegetables • Establishing words to describe look, taste and texture of food • How/Why is getting your five-a-day important
Spring 1	<p style="text-align: center;"><u>Topic; Bread and Bread Products</u></p> <ul style="list-style-type: none"> • Identifying different breads • Where do these breads originate from? • Using bread and bread products to make simple snacks
Spring 2	<p style="text-align: center;"><u>Topic: Bread and Bread Products</u></p> <ul style="list-style-type: none"> • The use of different raising agents in bread making • The stages and correct cooking terms for the stages in bread making • The nutritional value of bread (energy in and out)
Summer 1	<p style="text-align: center;"><u>Topic: Healthy Snacking</u></p> <ul style="list-style-type: none"> • What is a “Snack”? • Making healthy snacks • Evaluating snacks and making suggestions how to improve their nutritional value
Summer 2	<p style="text-align: center;"><u>Topic: Healthy Snacking</u></p> <ul style="list-style-type: none"> • Choosing appropriate snacks according to different criteria • Adapting recipes to make our snacks suitable for likes/dislikes and to make them healthier • Where do our favourite snacks fit into the eat well plate

