

## Assessment and Home Learning overview Year 7 Food Technology

Assessment	Time	Assessment Details
MCQ Test on knowledge gained both short term and over time.	30 mins	You will complete a 25-question multiple choice assessment in class testing your knowledge on your prior learning. You will also be graded on your practical skills this year including an assessment practical in the assessment time.
Key online resources: <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf</a>		

Week	Date	Knowledge retrieval task	Activity/ Help resource
1&2	03/09/24	<b>Theory</b> Introduction to Food preparation, health and safety and hygiene. <b>Demonstration fruit salad</b>	Personal hygiene rules Varying ability of identifying safety hazards. <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf</a>
3&4	16/09/24	<b>Practical</b> Introduction to License to Cook. Equipment Ingredients Recipes <b>Fruit Salad</b>	To use the bridge and claw grip to make a fruit salad. To weigh and measure <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf</a>
5&6	30/09/24	<b>Theory</b> Evaluation & Macronutrients <b>Demonstration of the Bolognese sauce</b> macronutrients eat well guide.	Recap- Personal hygiene rules Varying ability of identifying safety hazards, Macronutrients <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf</a>
7&8	14/10/24	<b>Practical</b> to weigh and measure liquids with accuracy to make Bolognese sauce. To recognise that the hob can be used to cook food by frying and boiling. <b>Bolognese sauce</b>	Weighing & Measuring Use the bridge and claw grip with guidance. Use the hob - dry heat, fry, and sauté with support <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf</a>
9&10	28/10/24	<b>Theory</b> evaluation, allergies and intolerances, evaluating food and the different types of aeration	Evaluation, allergies and intolerances, evaluating food and the different types of aeration

		<b>Demonstration rock cakes or Christmas tree pastry</b>	<a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf</a>
11&12	11/11/24	<b>Practical</b> To use the rubbing method to make scones. To use the rubbing in method to make a scone base and with support use the oven safely to bake the rock cakes <b>Rock cakes or Christmas tree pastry</b>	To use the rubbing method to make scones. To use the rubbing in method to make a scone base and with support use the oven safely to bake the rock cakes <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf</a>
13&14	25/11/24	<b>Theory</b> evaluation, allergies and intolerances, special dietary requirements <b>Demonstration</b> <b>Quorn Cottage jacket</b>	<b>Q &amp; A</b> which skills are being revisited? <b>H &amp; S</b> using the hob. Prepare the vegetables focusing on the claw grip. Practise using the hob safely to fry the mince. Complete the evaluation <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf</a>
15&16	09/12/24	Focus on key skills: Baking frying reduction <b>Quorn Cottage jacket</b>	<b>Q &amp; A</b> which skills are being revisited? <b>H &amp; S</b> using the hob. Prepare the vegetables focusing on the claw grip. Practise using the hob safely to fry the mince. Complete the evaluation <a href="https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf">https://www.fulwoodacademy.co.uk/attachments/download.asp?file=912&amp;type=pdf</a>