



# ABINGDON

HOUSE SCHOOL

## ***Curriculum map overview for Year 7 Food & Nutrition 2025/26***

| <b><i>Term</i></b>                                    | <b><i>Topic/Unit (weeks)</i></b> | <b><i>Key Objectives</i></b>                          | <b><i>Type of assessment</i></b>            |
|---|----------------------------------|---|---|
| <b><i>(12-14 Weeks)</i></b>                           |                                  |   |   |
| <b><i>Week 1<br/>(First full week)<br/>Theory</i></b> | Food Safety & Hygiene            | Kitchen safety, personal hygiene, equipment intro     | Short quiz + Equipment ID activity          |
| <b><i>Week 2<br/>Practical</i></b>                    | Practical Intro                  | Simple Fruit Salad: knife skills, hygiene in practice | Observation of hygiene and basic skills     |
| <b><i>Week 3<br/>Theory</i></b>                       | Eatwell Guide                    | Introduction to the Eatwell Guide and food groups     | Group poster or diagram activity            |
| <b><i>Week 4<br/>Practical</i></b>                    | Basic Snack Prep                 | Making a healthy wrap or sandwich                     | Peer review of hygiene & preparation skills |

|                              |                      |  |  |
|------------------------------|----------------------|--|--|
| <b>Week 5<br/>Theory</b>     | Nutrition Basics     | Introduction to key nutrients (carbs, protein, fats)   | Worksheet: match nutrients to food sources   |
| <b>Week 6<br/>Practical</b>  | Pasta Salad          | Boiling pasta, knife skills, assembling ingredients    | Teacher assessment checklist                 |
| <b>Week 7<br/>Theory</b>     | Food Origins         | Where food comes from (local, UK, global)              | Research task - origin of common ingredients |
| <b>Week 8<br/>Practical</b>  | Stir Fry Basics      | Stir fry with basic veg prep and stir fry technique    | Observation of preparation & cooking control |
| <b>Week 9<br/>Theory</b>     | Healthy Choices      | Exploring healthier swaps and portion sizes            | Group discussion, healthy meal plan starter  |
| <b>Week 10<br/>Practical</b> | Breakfast Dish       | Simple healthy breakfast (e.g., scrambled eggs, toast) | Self-assessment on hygiene & cooking process |
| <b>Week 11<br/>Theory</b>    | Evaluation & Recap   | Recap Eatwell Guide, hygiene, nutrition basics         | Written evaluation of practicals             |
| <b>Week 12<br/>Practical</b> | Practical Assessment | Independent snack preparation using taught skills      | Teacher graded practical (skills & hygiene)  |