

Year 7 Food Technology



Name: _____

Class Code: _____ Teacher: _____

Working Towards	Expected Standard	Reaching Greater Depth
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To achieve 'Expected Progress' you will be able to....	WT	ES
ES1. Knowledge - give essential health and safety rules specific to the Food Technology room.		
ES2. Skill - Accurately creates a bridge with the hand—fingers on one side, thumb on the other. Holds food securely for cutting.		
ES3. Skill - Demonstrates a proper claw by curling fingers together. Grips food with fingertips and leans fingers slightly forward.		
ES4. Skill - Follow step-by-step instructions for basic grilled dishes (Grilled pizza)		
ES5. Skill - Follow step-by-step instructions for basic oven dishes (Flapjack, cupcakes, sausage rolls)		
ES6. Skill - Follow step-by-step instructions for basic use of the hob (boiling and melting)		
ES7. Knowledge - Recognise basic food groups and their roles in our diet from the Eatwell guide.		
ES8. Knowledge - Understand where food comes from and how food is processed.		
ES9. Skills and knowledge - Follows safety guidelines when handling, preparing and cooking meat.		
To achieve 'Greater Depth' you will be able to...	GD	
GD1. Skill - Maintains impeccable hygiene standards throughout the cooking process.		
GD2. Knowledge - Explains nutritional benefits of food groups from the Eatwell guide.		
GD 3 - Independently use the hob, grill and oven controlling the temperature to ensure food is cooked appropriately.		

KS3 Food Technology Expectations Agreement

Name: _____ Class: _____ Date: _____

Hygiene Expectations

- Wash hands thoroughly before and after handling food.
- Tie back long hair.
- Cover cuts with a blue waterproof plaster.
- Do not touch your face or hair
- Clean as you go – wipe down surfaces and wash up promptly.
- Use separate equipment for raw and cooked foods to avoid cross-contamination.

Behaviour Expectations

- Listen carefully to instructions from the teacher at all times.
- Work safely and sensibly with equipment and ingredients.
- Respect others – work cooperatively and share equipment fairly.
- Stay at your workstation unless given permission to move.
- Report any accidents or breakages immediately to the teacher.
- Use knives and hot equipment only when instructed and with care.
- No eating or tasting until the teacher says it is safe to do so.

Classroom Conduct

- Arrive on time and be ready to learn.
- Bring your planner and any required ingredients or homework.
- Take pride in your work – aim for high standards in presentation and hygiene.
- Clean your area thoroughly before leaving the room.
- Be polite and positive – help create a safe and enjoyable environment.

Pupil Agreement

I have read and understood the expectations for Food Technology. I agree to follow them to ensure a safe, respectful, and productive learning environment.

Pupil Signature: _____ Date: _____

Teacher Signature: _____ Date: _____

Knife skills



Which hold is this?.....

Describe this method.....

.....

.....

.....

.....

Top tips

.....

.....



Which hold is this?.....

Describe this method.....

.....

.....

.....

.....

Top tips

.....

.....

.....

 Your Task: Answer the Questions Below:

What is the main reason we use the Bridge and Claw techniques when cutting?.....

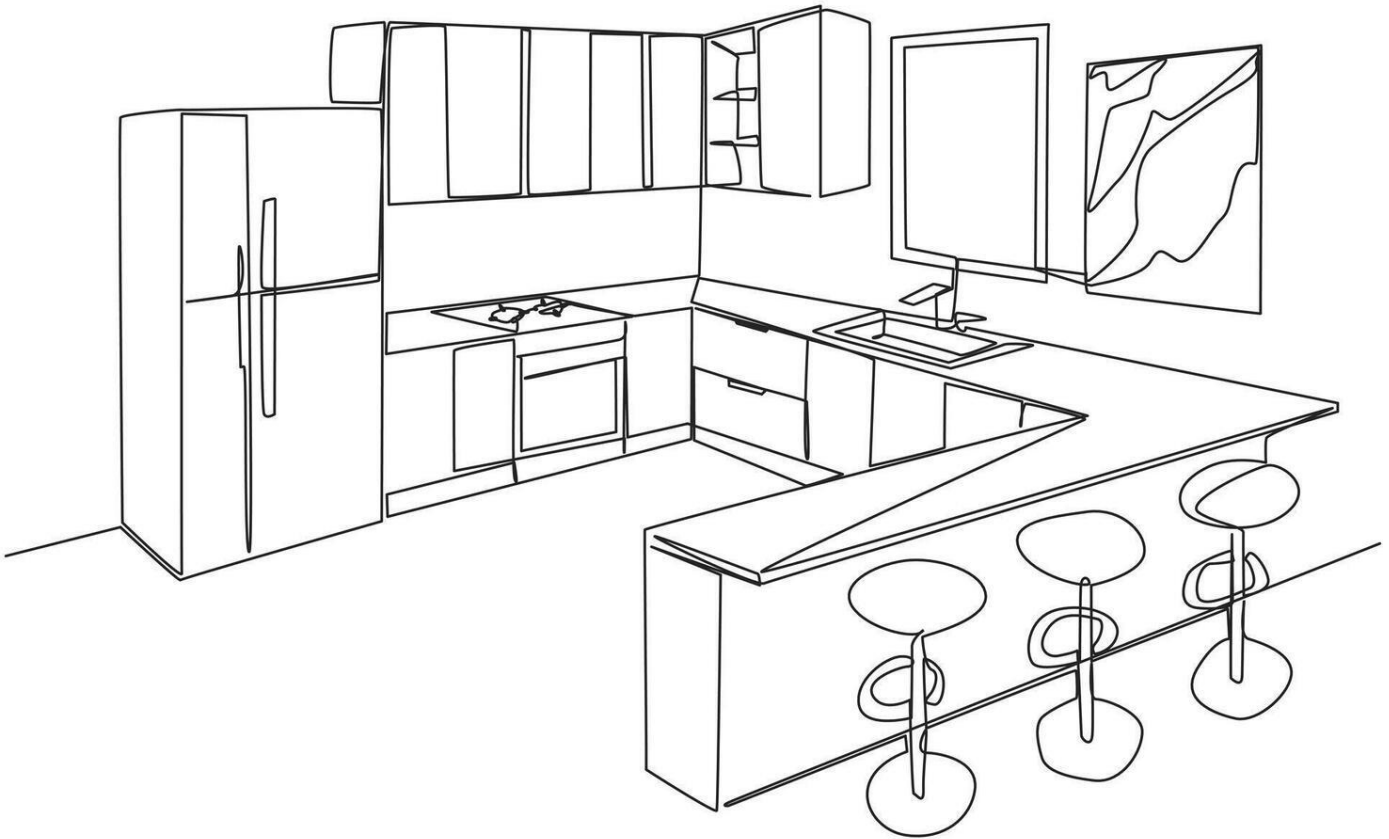
.....

What could happen if you don't use these techniques?

.....

Health and safety in the kitchen

Draw 10 potential hazards in the kitchen e.g. water on floor



Complete the sentences below by filling in the blanks with the correct words from the word bank.



(Word Bank: appliances knife hot spill electrical wet handle hygiene sharp)

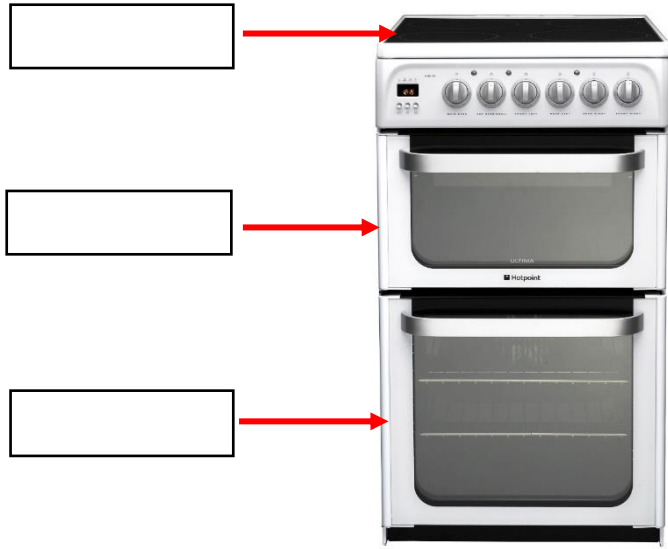
1. Always carry a _____ with the blade pointing down.
2. If you drop or _____ something, clean it up right away to avoid slips
3. Never leave a pan unattended on a _____ hob or stove.
4. Keep electrical _____ away from water to avoid shocks.
5. Wipe up any _____ floors to prevent accidents.
6. Turn pan _____ inwards so they don't stick out and get knocked.
7. A _____ knife is safer than a blunt one because it needs less force.
8. Good _____ is important to stop the spread of bacteria.
9. Water near plugs can be a serious _____ hazard.

Using the Cooker

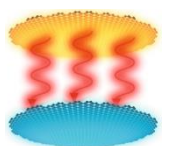
Date _____

Over the next few lessons, you are going to focus on using each part of the cooker, looking at how it works and what each part is used for.

Label parts of cooker



Use of the Grill



What went well :

One thing I could improve on:

Which direction does the heat come from in a grill?

Which method of heat transfer is used ?

When using the grill, why is it important to keep a close eye on your food when cooking?

What do you need to do to the food halfway through cooking?

EVIDENCE

Today I made – Grilled Pizza



Equipment

Match the equipment with the number

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



13.



14.



15.



16.



.... Can opener

.... Sieve

.... Weighing scales

.... Pastry cutters

.... Mixing bowl

.... Measuring spoons

.... Garlic press

.... Bun tin

.... Chopping board

.... Frying pan

.... Baking tray

.... Wire cooling rack

.... Toaster

.... Grater

.... Cake tin

.... Measuring jug

Weighing

Label the scale picture below



Word Bank: grams zero balance digital
ingredients kitchen scales units

1. Before weighing, you need to _____ the scales.
2. _____ help you measure the weight of food accurately.
3. Most kitchen scales measure weight in _____.
4. To weigh multiple _____, you can reset the scale to zero after adding each one.
5. Scales are a _____ essential.
6. Mechanical scales have a dial, while _____ scales show weight on a screen.
7. If the scale doesn't _____ properly, the measurements won't be correct

Weigh and Pour Challenge

 Instructions:

Move around the stations with your partner and complete each measuring task.

Before moving to the next station, ask your teacher to **check your measurement**.

After each task, fill in your answers and reflections in the table below.

Station	Target Amount	Your Measurement	Was it Accurate? (Yes/No)	Easy or Difficult? Why?
Weigh Flour	100g			
Weigh Sugar	50g			
Measure Water	200ml			
Measure Oil	75ml			

 Reflection Questions:

1. Which task was the most difficult? Why?

.....

.....

2. What did you learn about using scales and jugs today?

.....

.....

.....

3. Why is accurate measuring important in cooking and baking?

.....

.....

.....

.....



Use of the Oven



Date _____



What went well :

One thing I could improve on:

Name the 3 steps of how to set the main oven to the correct temperature.

Which method of heat transfer is used ?

1.

2.

3.

EVIDENCE

Today I made wedges



Use of the Hobs



Date _____



What went well :

One thing I could improve on:

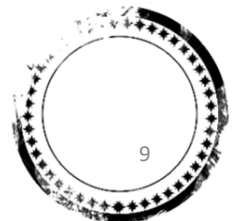
Which method of heat transfer is used ?

EVIDENCE

Today I boiled pasta

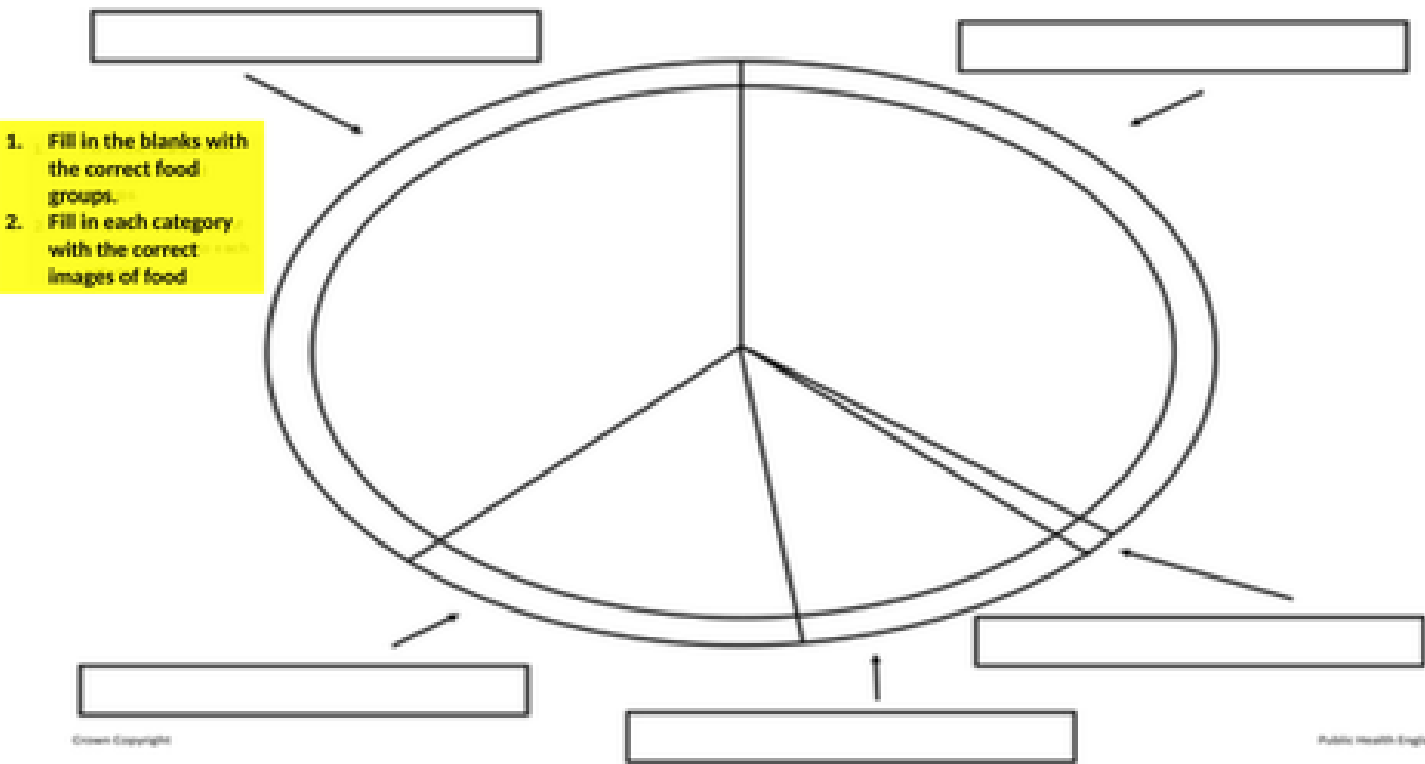
Boiling = _____

Simmering = _____



The Eatwell Guide

Below is a diagram of the Eatwell Guide. Label the five food groups



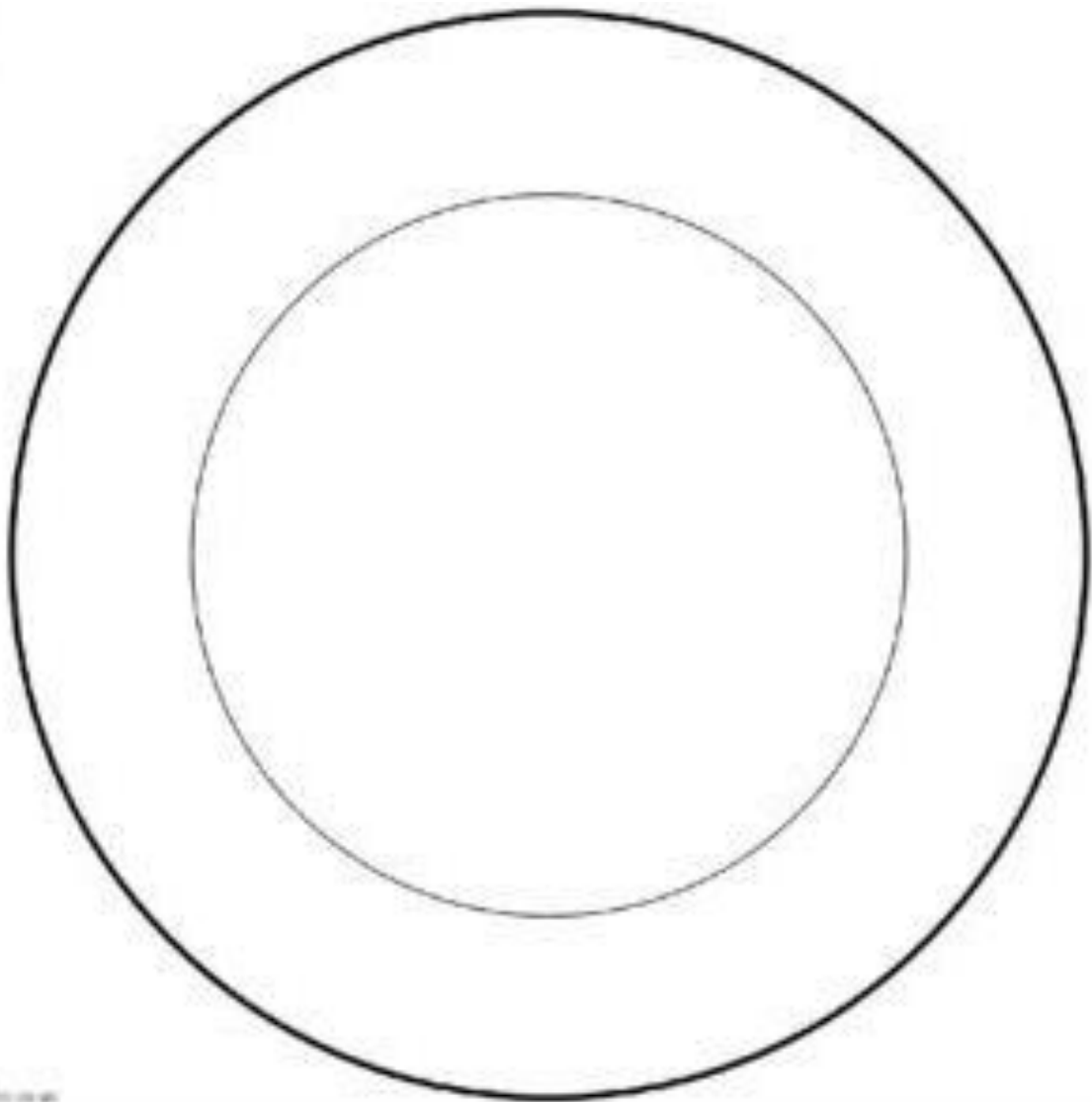
Complete the sentences using words from the Word Bank below.

 Word Bank: fruit vegetables carbohydrates proteins dairy sugar water balanced fats portion.

1. The Eatwell Guide shows how to have a _____ diet.
2. Over one third of your diet should come from _____ and _____.
3. Foods like bread, rice, and pasta belong to the starchy _____ group.
4. Beans, pulses, meat, and fish are all good sources of _____.
5. Milk, cheese, and yogurt are part of the _____ and alternatives group.
6. We should drink plenty of _____ every day to stay hydrated.
7. Foods high in _____, salt, and saturated _____ should be eaten less often and in small amounts.
8. A small _____ of unsaturated oils and spreads is recommended.

Designing a balanced meal

Using the Eatwell Guide, draw or describe a balanced meal.
Make sure to include items from each of the main food groups.



My meal is
.....

My meal contains..... Portions of fruit or vegetables

What makes my meal balanced?
.....
.....
.....

How could your meal be made healthier?
.....
.....

Food safety

True or False?

Write True or False next to each statement:

1. ____ You should always wash your hands before handling food.
2. ____ It is safe to leave raw meat out on the counter all day.
3. ____ Cook meat until it is steaming hot inside.
4. ____ Using separate chopping boards for meat and vegetables helps stop germs spreading.
5. ____ You don't need to clean utensils that touched raw meat if you are going to use them again soon.
6. ____ Keeping food at the right temperature helps stop bacteria growing.

Match the
different colour
chopping boards
with the correct
use



Raw meat



Salads /
fruit



Dairy /
bakery



Vegetables



Fish



Cooked
Meat

Fill in the Blanks – Meat Safety

Complete the sentences with words from the box:

cross-contamination cooked fridge raw temperature bacteria

1. Raw meat should be stored at the bottom of the _____ to stop juices dripping on other foods.
2. Meat must be fully _____ before eating to kill harmful bacteria.
3. Always wash your hands after touching _____ meat.
4. Using separate chopping boards for raw meat and other foods helps prevent _____.
5. Keep cooked meat at a safe _____ above 63°C if it's being kept warm.
6. Harmful _____ can grow quickly if meat is not stored properly.

Food hygiene and safety

Spot what's wrong with the picture below:
Use different colours to identify the health and safety hazards
and food safety hazards



How can improve the standards of hygiene and safety?

.....

.....

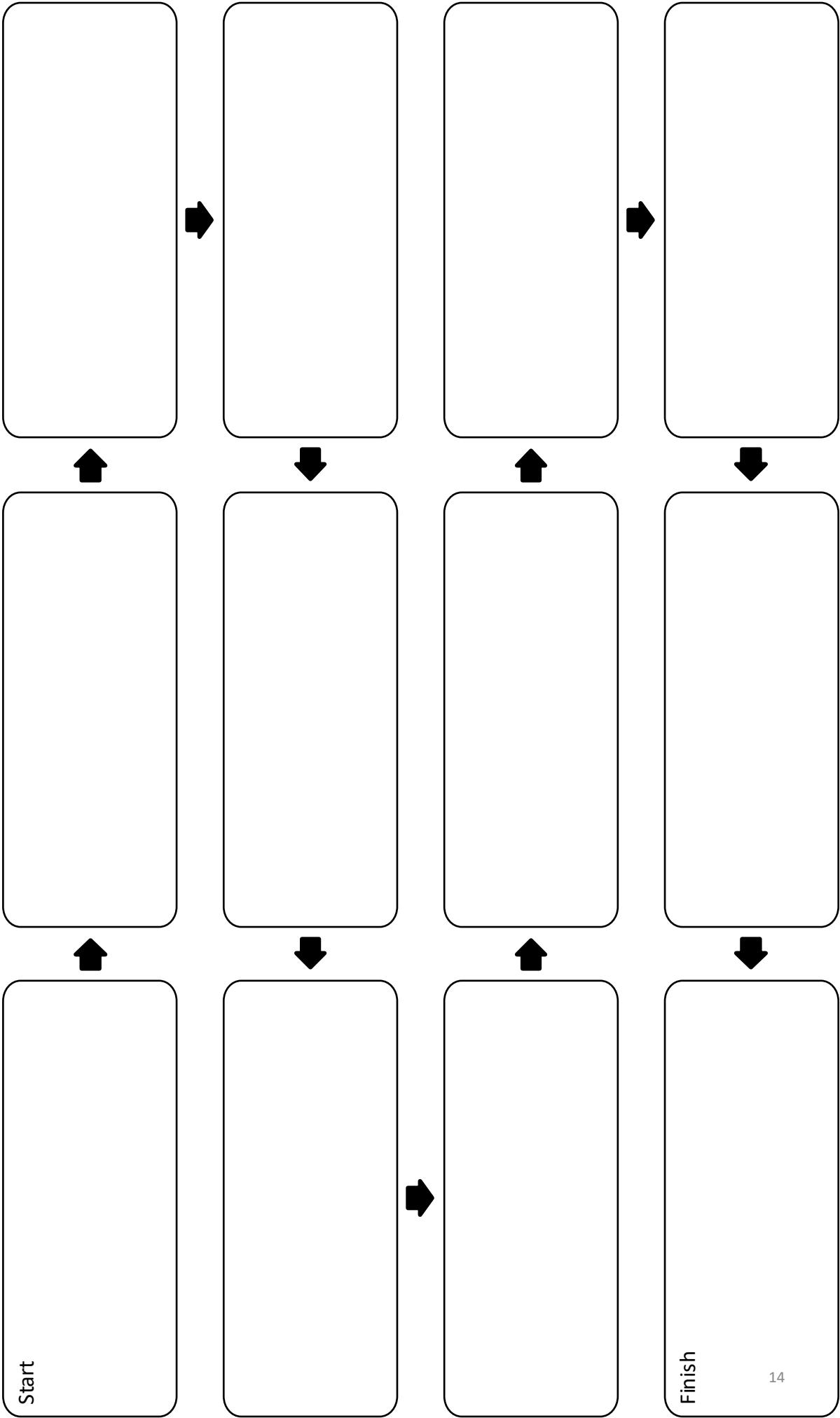
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Time Plan of my making

Cupcakes

Include instructions and sketches. Break down the method to make it as simple as possible within the 55-minute lesson.



Creaming method and designing Cupcakes

Complete the sentences with the correct words from the box:
butter, sugar, eggs, air, fluffy, flour

1. The creaming method starts by beating _____ and _____ together.
2. This process traps _____ which helps the cake rise.
3. The mixture should become light and _____.
4. After creaming, _____ are added gradually.
5. Finally, _____ is folded into the mixture.

Cupcake Design

Imagine you are designing a new cupcake flavour for a school bake sale. Use the space below to plan your cupcake.

Step 1: Choose your flavour base:

Options: Vanilla, Chocolate, Lemon, Red Velvet, Other: _____

Step 2: Choose your frosting flavour and colour:

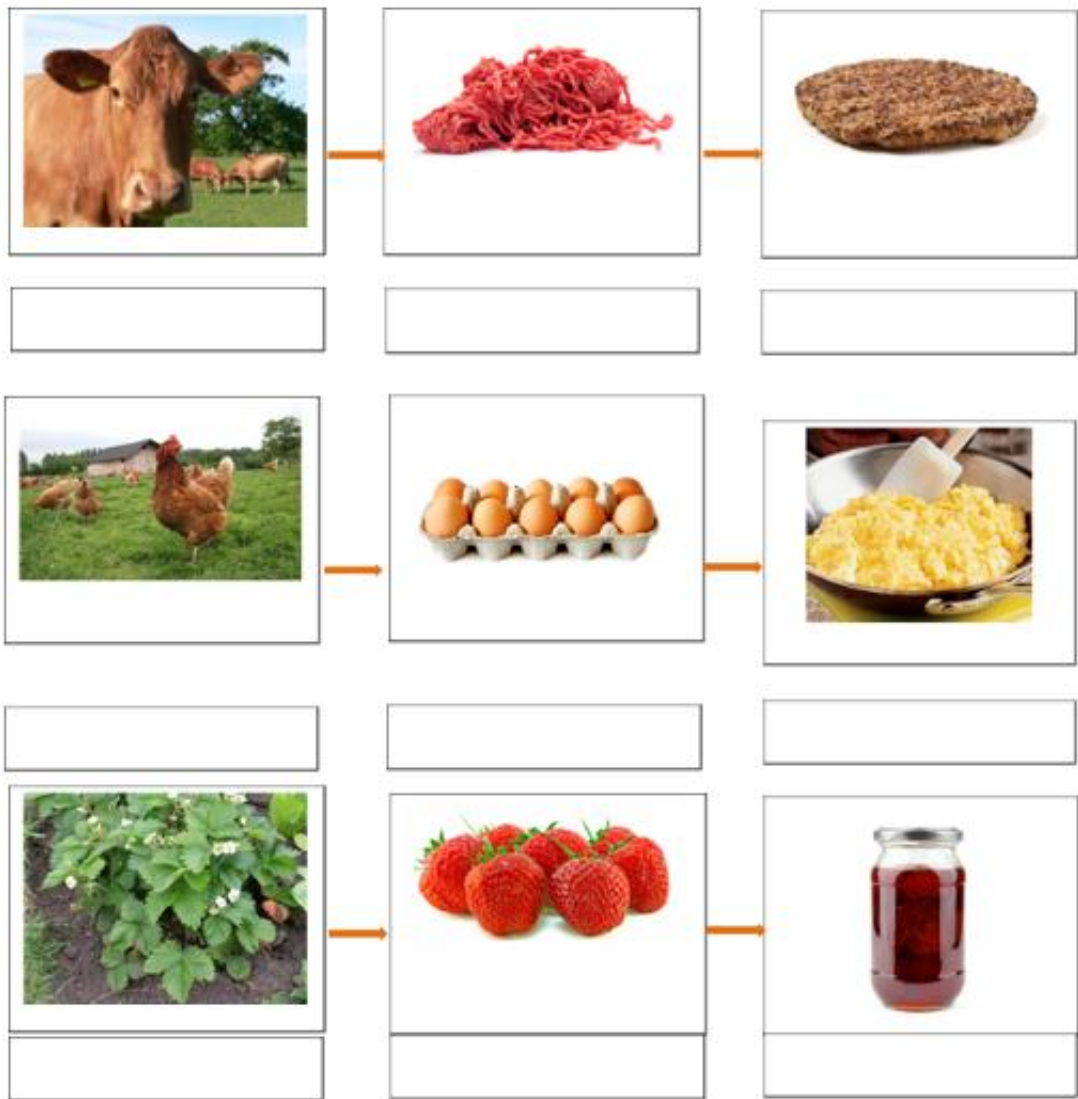
Buttercream (vanilla, chocolate, strawberry) or Other: _____

Step 3: Choose 3 toppings or decorations

- 1.
- 2.
- 3.

Draw your cupcake design here – add colour and labels:

Food Processing



Fill in the Blanks with the Correct Terms

Use the word bank to complete the sentences below.

Word Bank: extraction, poultry, cows, rennet, milling, grazing, wild fishing

1. Mince is made from _____ raised on farms.
2. Chicken breast comes from _____, a group of birds farmed for meat and eggs.
3. Flour is produced through _____, where grains are ground into powder.
4. Cheese is made by adding _____ to milk, turning it into curds and whey.
5. Honey production involves the _____ of nectar by bees.
6. Fish fillets often come from aquaculture or _____.
7. Cows are usually kept by _____ on fields or silage in the winter.

Food origins

Written Task: Explain the Journey of Your Food

Instructions: Choose one food item from the list below:

- Mince (ground beef)
- Chicken breast
- Cheese
- Flour
- Honey
- Fish fillet
- Apple

Write a paragraph explaining the journey of this food from its origin to your plate. Include details such as:

- Where does the food come from? (animal, plant, or other)
- How is it produced or harvested?
- Any processes it goes through before it is ready to eat
- Why it is important to handle or prepare this food safely

Example:

- *Cheese comes from milk, which is collected from dairy cows. The milk is then fermented and curdled to make cheese. Cheese needs to be stored in a cool place to stop it from spoiling. It is important to handle cheese carefully because if it goes bad, it can make people ill.*

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Bread making

Fill in the blanks with the correct bread ingredients from the word bank below:

Word Bank: oil, salt, water, sugar, yeast, flour

- _____ – the main ingredient, gives structure
- _____ – helps the dough rise by making bubbles
- _____ – used to mix the ingredients and form dough
- _____ – adds flavour and controls yeast growth
- _____ – (optional) gives sweetness
- _____ – (optional) adds softness

The Bread Making Process

Put these steps in correct order by writing numbers 1 to 5:

- ___ Kneading the dough
- ___ Proving the dough
- ___ Mixing the ingredients
- ___ Baking the dough
- ___ Shaping the dough

3. Short Answer Questions

- a) What does yeast do to the bread dough?
.....
.....
- b) Why is kneading important?
- c) What does proving mean?
.....
.....

Bread roll design challenge

Design your bread rolls, add labels and colour in

Describe your bread rolls

Ingredients

-
-
-
-
-
-
-
-

Equipment needed

-
-
-
-
-
-
-
-

EQUIPMENT

F L K H K S W
 N A P E C U A S R
 C H E F S K N I F E J
 K E F I N K E T T E L A P
 K C A R G N I L O O C E R I W
 S E L A C S G N I H G I E W Z Z M
 I M Q L J P L A S T I C S P A T U L A
 V E G E T A B L E K N I F E G T Y F O
 T V N O O P S A E T A L P L A T E M N
 N E H S N C H O P P I N G B O A R D M
 E I A G G U J G N I R U S A E M V K G
 L S P N S F S E T A L P E T I H W F W
 B G W G Q O O N O O P S N E D O O W L
 G E C N I S A B A K I N G T R A Y
 M I X I N G B O W L Y E K W N
 T A B L E S P O O N V N P
 V W G L N H C M R X B
 Z C G O B E M S T
 L G G R Q D Y

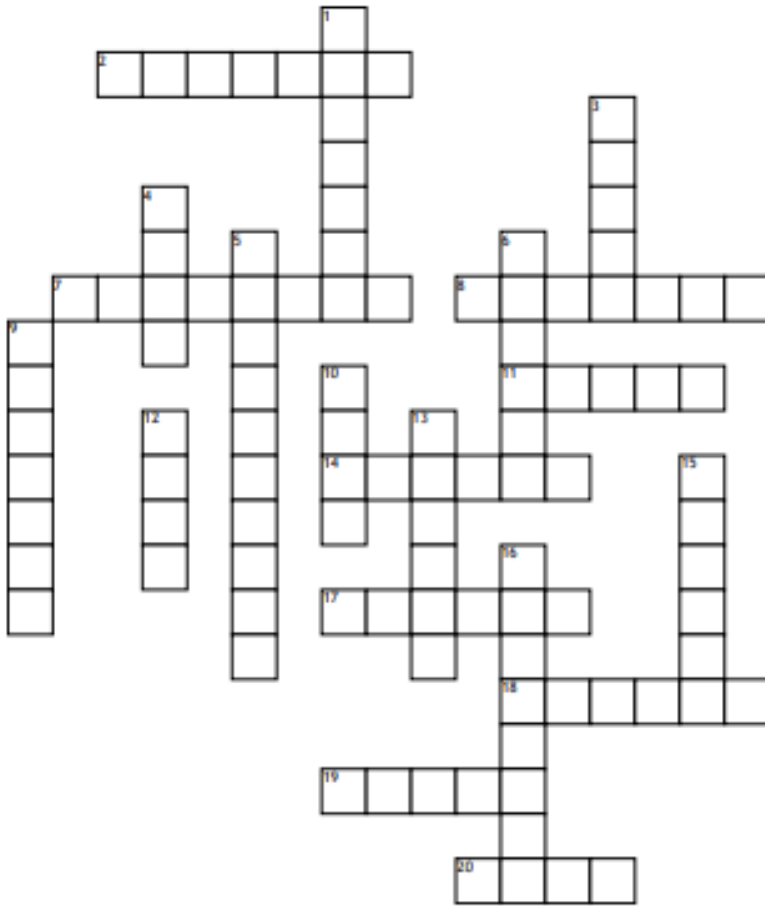
baking tray
 basin
 Chefs knife
 chopping board
 fork
 measuring jug

metal plate
 mixing bowl
 palette knife
 plastic spatula
 Rolling pin
 saucepan

sieve
 table knife
 tablespoon
 teaspoon
 Tongs
 vegetable knife

vegetable peeler
 weighing scales
 white plates
 wire cooling rack
 wooden spoon

Healthy Food Crossowrd



Across

2. a lean white meat

7. used to make chips

8. long pasta used in Asian food

11. red or green fruit that has a core

14. a rabbit's favourite food

17. dairy product used at breakfast time with berries

18. yellow and smooth type of dairy

19. tropical fruit with a big seed

20. salty protein from the sea

Down

1. green vegetable with lots of leaves

3. used to make sandwiches

4. you could be allergic to this food

5. only fruit with its seeds on the outside

6. a red juicy fruit used in salads

9. vegetable used at Halloween

10. white grain used in Asian cooking

12. dairy product that comes from a cow

13. a round fruit used for juice

15. a small red or green fruit

16. a green vegetable shaped like a tree



