





Year 7 Food Technology Super Curriculum

Read 	Do 	Find 
Explore Jamie Oliver's cook book '15 minute meals' - Find and make your favourite recipe for your family.	Complete a diary of all the dishes you have cooked at home. Try to aim them at a different dietary need or a range of countries or cultures.	Find a new way to present a recipe- take a photo.
Look at the "Food a Fact of Life" website and find out what is needed for a healthy diet.	Re-make a dish you cooked in primary school to a better standard.	Find out what a Michelin Star is.
Read about Jamie Oliver's career- how has he helped schools through the school food plan?	Watch an episode of the "Great British Bake Off" on Channel 4	Find out the benefits of batch cooking and suitable meals you could batch cook at home
Explore the Eat Well Guide and NHS 8 Healthy Eating Tips.	Borrow a pasta machine from school and make your own spaghetti.	Find a vegetarian and interview them. What meat alternatives do they eat on a daily basis?
Read about and research "The Fat Duck" restaurant and why it is so famous.	Visit your local butcher and find out about different cuts of meat.	Find out about the meal Heston design to be eaten in space. "Heston's Space Food"