



I Can Statements - Year 7 Food Technology:

Unit/Topic Overview	Pre-taught Vocabulary	
In Year 7, students should be able to demonstrate their understanding of health and safety in the food room, how to clean their equipment and area and how to use equipment safely. They learn how to assess when mince/chicken is cooked and the importance of health and safety when cooking raw meat. They revisit measuring using teaspoons, tablespoons and measuring scales. They also revisit how to use the hob, grill and oven safely. They have practical lessons where they make a specific dish and skills lessons, where they focus on particular skills etc that supports their understanding and independence in the practical lessons. By the end of the first half-term, students should be able to demonstrate an excellent understanding of health and safety, cleaning up, how to use equipment safely, how to use the hob safely/confidently, how to assess when mince/chicken is cooked, how to work safely with raw meat and measure ingredients accurately using measuring scales. Students should also be able to follow the method independently and demonstrate independence throughout the lesson. By the end of the term, students should be able to demonstrate an excellent understanding of health and safety, cleaning up, using the hob and following the method independently. Students should be able to demonstrate using the grill and oven safely/confidently, be able to handle pastry carefully and be able to assess when pastry is cooked.	Raw	Cross-contamination
	Cooked-through	Knead
	Spread	Whisk
	Consistency	Egg-wash

RAG Rating:		Start	End	Teacher
1.	Skills Lesson = I can independently slice/dice an onion, following the correct method.			
2.	Bolognese = I can independently assess when mince is cooked.			
3.	Curry = I can independently assess when chicken is cooked.			
4.	Flatbreads = I can demonstrate kneading correctly.			
5.	Cheesecake = I can evenly spread my filling, ensuring it is smooth.			
6.	Skills Lesson = I can independently crack an egg, with no shell.			
7.	Pancakes = I can independently assess when my pancakes are ready (golden-brown).			
8.	Cheese Roux = I can independently whisk my cheese roux and assess when it is the right consistency.			
9.	Omelette = I can independently assess when my omelette is cooked and ready to go under the grill.			
10.	Cheese Straws = I can handle pastry carefully.			
11.	Cinnamon Swirls = I can handle pastry carefully, ensuring my cinnamon swirls are rolled tightly and have a neat swirl.			

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