The Highsted Tutoring Programme

Year 7 Food Preparation and Nutrition

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| Week Beginning | Topic/Skill Focus | Video Resource | Assignment |
| November 1 | Kitchen Hygiene | <https://www.youtube.com/watch?v=CM1YQgasc68> | Kitchen Hygiene-Germs Sheet |
| November 8 | Personal Hygiene | <https://www.youtube.com/watch?v=fH6YD6uBE0Q> | Hand Washing and personal hygiene sheet |
| November 15 | The 4 Cs | <https://www.youtube.com/watch?v=q9fjY_3sXP4> | Explain the 4c and explain how they must be applied in the kitchen during the preparation of food |
| November 22 | Food safety | <https://www.youtube.com/watch?v=0J2Qv_72Xzo> | Complete safety puzzle worksheet |
| November 29 | Kinfe skills | <https://www.youtube.com/watch?v=OtVQlDByEzk> | Go through knife PowerPoint and come up with 10 rules to be followed when using knives |
| December 6 | Sensory Analysis | <https://www.youtube.com/watch?v=vh3xTqnzWBw> | Mind map what you learnt from the video |
| December 13 | General Practical Skills  Use of the grill | <https://www.youtube.com/watch?v=6DOgPETTyoU> | How to use the grill safely  Mind map safe use of the grill |