

Unit – Middle School Year 7 Autumn Term 1 2025

Name of unit- Understanding Health and Safety Practices – 4C's. Basic methods and skills.	
Expected Outcomes- : Learners are taught to work safely at their designated workstation applying food hygiene and safety skills when using the cooker, hob and sharps. Through practical lessons they are taught to feed themselves and others a varied healthy diet applying Health and Safety routines in the kitchen. Name the 4 C's. What criteria am I assessing them against? Completion of work, observation and outcomes of practical skills including food safety practices. Photographic evidence. Group Discussions. Demonstrate safe practical skills.	
Developmental Focus Opportunities Learners will understand health and safety practices in the kitchen and become confident applying basic methods and skills. They are introduced to nutrition through the Eatwell plate and understand a balanced diet giving them the basic knowledge of nutrition. Focus on accurate weights and measures.	
Key Learning Points	Powerful Knowledge
Wear correct PPE Hygiene – hands, hair etc. Learners will know the basic functions of some ingredients. Organisation of workstation. The 4 C's, Cooking, Cleaning, Chilling and Cross-Contamination.	Discuss with learners careers in the kitchen, famous chef's they know and correct dress in the kitchen. Nutrition – water....how much per day?
Subject-Specific Vocabulary	Reading Opportunities
Hygiene. Temperatures. Methods and skills. Nutrition. Cross-Contamination.	Reading and following a recipe. Completion of work Reading PP from screen.
Possible Misconceptions	Cross-Curricular Links
Temperatures C/F	Maths / weights and measures Science / temperatures Careers in Catering.

Name of unit- “Health and Safety Practices in the Kitchen, the 4 C’s (Cleaning, Cooking, Chilling, Cross-contamination), and Basic Skills”, aligned with the Early Learning Goal (ELG) areas.

1. Communication and Language

- **Activities:**
 - Group discussions on kitchen safety scenarios.
 - Role-play: “Kitchen Inspector” using the 4 C’s.
- **Progress Opportunities:**
 - Develop vocabulary (e.g., hygiene, bacteria, cross-contamination).
 - Practice listening, questioning, and clear verbal instructions.

2. Physical Development

- **Activities:**
 - Hands-on practice of basic kitchen skills (e.g., chopping, peeling, stirring).
 - Demonstrations of safe movement and posture in the kitchen.
- **Progress Opportunities:**
 - Improve fine motor coordination.
 - Understand the importance of physical safety and hygiene.

3. Personal, Social and Emotional Development

- **Activities:**
 - Team cooking tasks with rotating roles.
 - Reflect on personal responsibility in maintaining a safe kitchen.
- **Progress Opportunities:**
 - Build confidence and cooperation.
 - Develop responsibility and respect for shared spaces.

4. Literacy

- **Activities:**

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- Write a kitchen safety checklist or hygiene guide.
- Read and interpret food safety posters or recipes.
- **Progress Opportunities:**
 - Strengthen reading comprehension and instructional writing.

5. Mathematics

- **Activities:**
 - Measure ingredients accurately.
 - Use timers and temperature readings for cooking and chilling.
- **Progress Opportunities:**
 - Apply numeracy in real-life contexts.

6. Understanding the World

- **Activities:**
 - Explore how different cultures approach food safety.
 - Investigate the science behind bacteria growth and foodborne illness.
- **Progress Opportunities:**
 - Develop scientific thinking and global awareness.

7. Expressive Arts and Design

- **Activities:**
 - Design a safety poster or kitchen layout.
 - Create a visual guide to the 4 C's.
- **Progress Opportunities:**
 - Encourage creativity and visual communication.