

Unit – Middle School Year 7 Autumn Term 2 2025

Name of unit- Christmas Celebrations- religious aspects of Food Celebrations. Understanding health and safety practices.	
Expected Outcomes- : Health & Safety: PPE, use of cookers, knife safety. Weights and measure accurate. Know the basic nutrients. Creative Cooking - design, make and evaluate Christmas Cake.	
What criteria am I assessing them against? Completion of work, observation and outcomes of practical skills including food safety practices. Photographic evidence. Group Discussions.	
Developmental Focus Opportunities The importance of evaluating dishes and suggesting improvements. Describe the basic functions of the main nutrients in the body. Develop creativity.	
Key Learning Points	Powerful Knowledge
Selection of correct equipment. Carry out simple skills safely. Design Cook safely, wash up and clear away. Measuring liquid ingredients.	Recognising mistakes and adjusting the design. What is Faith? Why a Christmas Cake?
Subject-Specific Vocabulary	Reading Opportunities
Nutrition Design Christian Faith	Reading and following a recipe. Completion of work Reading PP from screen.
Possible Misconceptions	Cross-Curricular Links
Temperatures C/F	RE Maths / weights and measures Science / temperatures

Name of unit- “Christmas and Food Celebrations Whilst Cooking Safely”, aligned with the Early Learning Goal (ELG) areas.

1. Communication and Language

- **Activities:**
 - Group discussions on Christmas food traditions around the world.
 - Present a festive recipe and explain the safety steps involved.
- **Progress Opportunities:**
 - Develop vocabulary related to food, celebrations, and safety.
 - Practice speaking clearly and listening actively in group settings.

2. Physical Development

- **Activities:**
 - Prepare festive dishes using safe kitchen techniques (e.g., peeling, mixing, baking).
 - Demonstrate safe use of kitchen tools and hygiene routines.
- **Progress Opportunities:**
 - Improve fine motor skills and coordination.
 - Understand the importance of cleanliness and safe movement in the kitchen.

3. Personal, Social and Emotional Development

- **Activities:**
 - Work in teams to prepare a festive meal or snack.
 - Reflect on how food brings people together during celebrations.
- **Progress Opportunities:**
 - Build confidence, cooperation, and empathy.
 - Develop respect for different cultural traditions and dietary needs.

4. Literacy

- **Activities:**
 - Write a festive recipe with safety instructions.

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- Read and follow written instructions for a Christmas dish.
- **Progress Opportunities:**
 - Strengthen reading comprehension and instructional writing.

5. Mathematics

- **Activities:**
 - Measure ingredients accurately.
 - Scale recipes up or down for different group sizes.
- **Progress Opportunities:**
 - Apply numeracy in real-life contexts like cooking and portioning.

6. Understanding the World

- **Activities:**
 - Explore how different cultures celebrate Christmas or similar festivals with food.
 - Discuss the importance of food safety during large celebrations.
- **Progress Opportunities:**
 - Develop cultural awareness and scientific understanding of food hygiene.

7. Expressive Arts and Design

- **Activities:**
 - Decorate festive treats or design a Christmas menu.
 - Create a safety-themed festive poster or placemat.
- **Progress Opportunities:**
 - Encourage creativity and visual expressions.