

Unit – Middle School Year 7 Spring 1 2026

Name of unit- Healthy Lifestyles. Some culinary terms.	
Expected Outcomes- : Health & Safety: PPE, use of cookers, knife safety. Explore in more depth the nutrients and their functions in the body. Focus on evaluating their dishes and suggesting improvements. Recognising what a healthy diet looks like. What criteria am I assessing them against? Completion of work, observation and outcomes of practical skills including food safety practices. Photographic evidence. Group Discussions. Evaluation and suggestions.	
Developmental Focus Opportunities Investigate sources of ingredients used. Transportation of food. Commercially produced ingredients / organic etc.	
Key Learning Points	Powerful Knowledge
Key temperatures. Regulating heat. Glazing.	Some culinary terms... and what they mean Al Dente Bain-Marie
Subject-Specific Vocabulary	Reading Opportunities
Transportation Hygiene Seasoning	Reading and following a recipe. Completion of work Reading PP from screen.
Possible Misconceptions	Cross-Curricular Links
Temperatures C/F Boiling/simmering	Maths / weights and measures Science / temperatures Careers in Catering.

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Name of unit- “Healthy Lifestyles and Culinary Terms”, aligned with the Early Learning Goal (ELG) areas.

1. Communication and Language

- **Activities:**
 - Introduce and use culinary terms (e.g., sauté, dice, simmer) in practical sessions.
 - Group discussions on what makes a healthy lifestyle.
- **Progress Opportunities:**
 - Expand vocabulary and improve verbal communication.
 - Practice listening and following multi-step instructions.

2. Physical Development

- **Activities:**
 - Practice basic food preparation techniques (e.g., chopping, mixing, kneading).
 - Demonstrate safe movement and posture in the kitchen.
- **Progress Opportunities:**
 - Develop fine motor skills and coordination.
 - Understand the importance of hygiene and physical health.

3. Personal, Social and Emotional Development

- **Activities:**
 - Reflect on personal lifestyle choices and set health goals.
 - Work in pairs or small groups to prepare a healthy dish.
- **Progress Opportunities:**
 - Build confidence, teamwork, and responsibility.
 - Foster respect for others’ dietary needs and preference.

4. Literacy

- **Activities:**
 - Write a recipe using correct culinary terms.
 - Read and interpret food labels and health guidelines.

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- **Progress Opportunities:**

- Strengthen reading comprehension and instructional writing.

5. Mathematics

- **Activities:**

- Measure ingredients accurately.
- Calculate nutritional values and portion sizes.

- **Progress Opportunities:**

- Apply numeracy in real-life contexts like cooking and meal planning.

6. Understanding the World

- **Activities:**

- Explore how different cultures define and achieve healthy lifestyles.
- Investigate the impact of diet on the body and well-being.

- **Progress Opportunities:**

- Develop scientific understanding and cultural awareness.

7. Expressive Arts and Design

- **Activities:**

- Design a healthy meal plate or lifestyle poster.
- Create a visual glossary of culinary terms.

- **Progress Opportunities:**

- Encourage creativity and visual communications.