

Holy Family Catholic School

Curriculum Overview Year 7 – Technology (Food & Textiles)



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	Food In food technology, students will learn the importance of health and safety in the kitchen environment, including how to follow proper safety procedures to prevent accidents during practical lessons. They will understand the significance of personal and food hygiene in maintaining health and safety, explore the five food groups of the Eatwell Guide and their nutritional value, and develop skills in identifying and safely using a variety of kitchen equipment. As part of their practical food lessons, students will have the opportunity to develop their food preparation skills by making a fruit salad and a couscous salad. These activities will help them apply their knowledge of healthy eating, hygiene, and safe use of kitchen equipment in a hands-on environment.	Choose a recipe and cook it at home https://www.foodafactoflife.org.uk/recipes/
Half Term 2 (Nov-Dec)	Food Students will explore the function of yeast in bread making and learn about various types of bread from different cultures. They will gain an understanding of different types of raising agents—biological, chemical, and mechanical—and their roles in food preparation. Additionally, students will be introduced to a variety of rice dishes from around the world, helping them appreciate global culinary traditions and ingredients. As part of their practical food lessons, students will have the opportunity to develop their food preparation skills by making bread and savoury rice. These activities will help them apply their knowledge of healthy eating, hygiene, and safe use of kitchen equipment in a hands-on environment. In addition they will develop the kneading method.	Choose a recipe and cook it at home https://www.foodafactoflife.org.uk/recipes/
Half Term 3 (Jan-Feb)	Food	Choose a recipe and cook it at home

	Students will learn about the risks associated with overconsuming sugary drinks and understand the link between high sugar intake, obesity, and type 2 diabetes. They will also explore what glucose is and its function in the body, helping them make informed choices about their diet and health. As part of their practical food lessons, students will have the opportunity to calculate the amount of sugar in some of the common sugary drinks we consume. They will also prepare and make chocolate brownies. These activities will help them apply their knowledge of healthy eating, personal hygiene, and safe use of kitchen equipment in a hands-on environment.	https://www.foodafactoflife.org.uk/recipes/
Half Term 4 (Feb-Mar)	Textiles: Fleece Hat Project In textiles, students will complete the Fleece Hat project. Students will learn to define what textiles are and identify how they are used in our everyday lives. They will explore how fabrics are made, including the journey from fibres to fabric, and understand the differences between natural and synthetic fibres. Students will also be taught the importance of health and safety in the textiles room and how to follow proper safety procedures to prevent accidents during practical lessons.	Video - Fibre to fabric journey The ultimate guide to fleece
Half Term 5 (Apr-May)	Textiles: Fleece Hat Project Students will learn to identify various equipment used in textile production and understand their specific functions. They will explore the concept of a production or manufacturing line in textiles, gaining insight into how fabrics and products are efficiently created on a large scale. They will also cover the importance of modelling, helping students understand how designs and prototypes are developed before final production. Additionally, students will be introduced to calico, a type of fabric commonly used in textile projects, learning about its characteristics and uses. As part of their practical textile lessons, students will have the opportunity to measure, mark and cut fabric. They will put into practise modelling and will create and model their fleece hat using paper and calico.	
Half Term 6 (Jun-Jul)	Textiles: Fleece Hat Project Students will explore the history and development of sewing machines, learning how they have evolved over the years. They will study the different parts of a sewing machine and understand the function of each component. Students will also	Video - The history of the sewing machine

	learn to identify and differentiate between hems and seams, gaining practical skills in recognizing and creating these essential sewing techniques. Additionally, the course will cover the purpose of a logo, helping students understand why logos are important for branding. They will also learn what makes a good logo, including key design principles that make logos effective and memorable. As part of their practical textile lessons, students will have the opportunity to measure, mark and cut fleece fabric. They will put into practise pinning and tacking and they will safely use a sewing machine to construct their fleece hat. Students will also learn how to thread a needle correctly to hand sew a stitch.	
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Examples of Home Learning Tasks	<u>Food</u> • Health and Safety Poster Design • Kitchen Equipment Worksheet - identify, name and decide the function of tools and equipment. • 7 Day Food Diary - Are our diets well balanced? • Fruit Research Worksheet • 10 Fascinating facts about eggs • Exploring and investigating different methods of preparing eggs • Design a recipe card of a soup of your own choice; this can be a family recipe. • Information poster of different types of breads from across the world. • Sugar Awareness Leaflet <u>Textiles</u> • Identifying textile products in and around your home • Design a health and safety poster for the textiles room • Research leaflet about the fabric fleece • Learn the parts of the sewing machine, the basic equipment and their uses • Write a step by step plan on how to make a fleece hat • Branding; what makes a good logo? • Information leaflet on how to thread a needle and create a running stitch
Assessment Tasks, Methods & Frequency	<u>Food</u> • Mid project assessment paper (teacher assessed) • End of project assessment paper (teacher assessed) • Spelling tests (peer assessed) • Cooking skills assessed during each practical lesson (peer/self/teacher assessed) <u>Textiles</u> • Mid project assessment paper (teacher assessed) • End of project assessment paper (teacher assessed) • Spelling tests (peer assessed) • Sewing skills assessed during each practical lesson (peer/self/teacher assessed)
Equipment that Students Need	Pencils, pens, colouring pens/pencils, ruler, rubber, sharpener, homework folder

Parent / Carers can help their child by:	Parents/Carers can help their child by ensuring they check Google Classroom regularly so that they are aware of ingredients and homework they need to bring to lessons. Also by involving them in food preparation and cooking at home. We expect students to be able to wash up during practical lessons so please let students do this at home.
Useful Websites	https://www.foodafactoflife.org.uk/ https://www.bhf.org.uk/ https://www.nutrition.org.uk/ https://www.nhs.uk/
Extra-Curricular Activities & Career Opportunities	Cooking club Textiles club

Who Can I Contact?	Head of Technology	Miss L Jaber
	Teachers of Year 7 Technology	Miss L.Jaber/ Mrs Cameron-Marques/Miss L. O'Donovan