

Subject: Food Technology

Year group: 7

Independent Learning Termly plan – Autumn/Spring/Summer rotation

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS3)
1	Health and Safety	Create a poster, explaining the hygiene and safety rules for the kitchen		
2	Eatwell Plate	Complete a food diary for 3 days, showing what you eat every day. Breakfast Lunch Dinner Snack		
3	Healthy Eating	Create a poster, explaining healthy eating and the eat well guide		
4	Food	Create a food alphabet – find an ingredient for every letter of the alphabet. You can do this on the computer or hand write it - presentation is important, please make it look good.		
5	Careers	Investigate 1 career in food technology – write about the job, what you do in the job and why it interests you.		