Year 7: Route map
Subject: Food & Nutrition

Rotation 1

Week 1+2 Topic
Introduction to why we eat food
The Eatwell Guide

Week 1+2 Practical
Biscuits

Week 3+4 Topic
Protein
Introduction to what it is, what it's made from and where we can get it

Week 3+4 Practical
Flapjack

Week 5+6 Topic
Fat
Introduction to what it is, what it's made from and where we can get it

Week 5+6 Practical
Cupcakes

Week 7+8 Topic
Carbohydrates
Introduction to what it is, what it's made from and where we can get it from including fibre

Week 7+8 Practical
Crumble cake

Week 9
End of rotation assessment

Rotation 2

Week 1+2 Topic
Recap of macronutrients – what are they, what are they made from and where can they be found

Week 1+2 Practical
Apple crumble

Week 3+4 Topic
Micronutrients functions, sources of:
Vitamin A, B group, C and D.
Minerals
Calcium, Iron, sodium (salt)

Week 3+4 Practical
Macaroni cheese

Week 5+6 Topic
Energy balance

Week 5+6 Practical
Tomato soup and basil soup

Week 7+8 Topic
Nutritional needs for different groups

Week 7+8 Practical
Toad in the hole

Week 9
End of rotation assessment