



YEAR 7 FOOD TECHNOLOGY

DIY Pizza

Unit Snapshot

Students design, make and evaluate their own unique pizza while learning food safety, nutrition, ingredient functions, dough science, recipe development, audience needs, and creative food presentation. The unit turns a familiar food into a full design-thinking project.

The hook

Pizza is familiar, fun, and instantly relatable, making it a strong entry point for Year 7 Food Technology.

The challenge

Students create a pizza for a specific audience while considering taste, appearance, nutrition, safety, and sustainability.

The skills

Students practise food safety, measuring, chopping, dough-making, recipe writing, sensory evaluation, and practical reflection.

The purpose

Learning feels meaningful because students connect kitchen skills, science, nutrition, culture, and design through one hands-on project.

1. Investigate

Explore pizza history, culture, ingredients, nutrition, and food safety.

2. Learn safety

Practice hygiene, equipment rules, and clean-as-you-go routines.

3. Design

Choose a target audience and sketch a pizza that suits their needs.

4. Plan

Create a recipe card with ingredients, equipment, and cooking steps.

5. Produce

Make dough, prepare toppings, cook the pizza, and present it attractively.

6. Evaluate

Reflect on taste, appearance, nutrition, texture, aroma, and improvements.