



Year 7 Food Technology

Unit Overview: Food Fantasia

Edible Art and Imagination | 2026

Portfolio, practical skill development, and final themed food plate

Unit focus	Assessment type	Evidence collected	Final due point
Creative food presentation, safety, nutrition, and design thinking	Ongoing portfolio + practical assessment	Design sketches, plans, reflections, prac performance and final product	Portfolio due Week 8; final due/check Week 9

Assessment Overview

Students build an ongoing portfolio across the unit while developing practical kitchen skills through guided demonstrations, design challenges, and practical lessons. The final assessment requires students to plan, produce, present, and evaluate a creative themed food plate that shows safe food practices, thoughtful design, and clear reflection.

Assessment component	What students produce	Key skills assessed	When evidence is collected	Portfolio evidence
Ongoing Portfolio	Notes, brainstorm, annotated sketches, ingredient choices, planning templates, and reflections	Knowledge, design thinking, planning, annotation, and evaluation	Weeks 1-8	Safety notes, plate brainstorm, knife diagram, sandwich design, scroll plan, themed plate plan, evaluation, and final reflection
Practical Skill Development	Skill practice and practical food products	Hygiene, knife safety, spreading, assembling, rolling, organisation and time management	Weeks 2-7	Practical observations and short skill reflections
Final Themed Food Plate	A planned and presented food plate linked to a clear theme	Creativity, presentation, practical processes, safety, and design application	Planning Week 6; practical Week 7; due/check Week 9	Final design, equipment list, method, time plan, photo/evidence, evaluation, and improved redesign

Assessment Objectives

Students will be assessed on...	Evidence may include...
Knowledge & understanding	Food safety, hygiene, basic nutrition, ingredient choices, <u>colour</u> , texture, <u>flavour</u> , and presentation
Design & planning	Annotated sketches, design criteria, selected ingredients, equipment lists, step-by-step methods, and time plans
Practical skills & processes	Safe food handling, cutting, spreading, assembling, rolling, baking, <u>organisation</u> , and independence
Creativity & presentation	A clear theme, effective use of colour/shape/layout, neat plating and visual appeal
Evaluation & reflection	Reflection on process and final product, strengths, improvements, and design language

Weekly Lessons and Assessment Evidence

Week	Lesson 1	Lesson 2	Portfolio / Assessment Evidence	Assessment Checkpoint
1	Kitchen safety, hygiene, and introduction to food as art. Discuss what makes food appealing using colour, texture, balance, and theme.	Design a rainbow snack plate or creative plate idea using annotation for colour, texture, ingredients, and arrangement.	Safety notes; brainstorm: What makes food appealing; annotated food presentation sketch; short reflective sentence.	Portfolio evidence begins.
2	Knife safety and equipment identification. Teacher demonstration of bridge and claw grip and safe cutting.	Guided spreading practice with butter, sauces, and spreads; skill reflection after practical skill practice.	Labelled knife safety diagram; safety rules; skill reflection: what I learned and what was challenging.	Practical safety and skill observation.
3	Sandwich components and nutrition basics. Students design a creative sandwich and justify ingredient choices.	Practical: Fun Sandwich Creation using safe cutting, spreading, assembling and balanced ingredients.	Sandwich sketch; ingredients list; design choice explanation linked to nutrition, taste, colour and theme.	Design and practical evidence collected.
4	Scroll types and flavour combinations. Students plan a sweet or savoury scroll with ingredients, equipment, and method.	Themed plate planning. Students choose a theme and create initial ideas for layout, colour, shape and ingredients.	Scroll recipe plan; flavour profile; equipment list; method; sketch; themed plate idea and justification.	Planning evidence builds towards final product.
5	Practical: Creative Scrolls. Students apply their planned flavour combination and practice rolling, filling, cutting, and baking.	Practical: Themed Plate Trial/Test 1. Students apply theme through preparation, layout, and presentation.	Practical observations; notes on what worked; photos if available; adjustments to theme or design.	Trial practical evidence.

6	Final assessment planning. Students finalise themed plate design, detailed sketch, equipment list, method, and time plan.	Portfolio catch-up and refinement. Students complete missing design/planning evidence and prepare for final practical.	Final assessment plan; final sketches; equipment list; ingredients; step-by-step method; time plan.	Planning checkpoint before final product.
7	Evaluation and redesign. Students reflect on assessment progress, show improvements, and create an improved annotated version.	Practical: Final Themed Plate Product. Students prepare, assemble and present final themed plate safely and creatively.	Evaluation; skill development reflection; redesigned plate; practical product evidence/photo.	Final practical assessment.
8	Highlight and final reflection. Students reflect on skills developed and explain favourite practical tasks.	Portfolio catch-up and final submission preparation.	Final reflection: skills developed, favourite practical and what students would cook again.	Portfolio due Week 8.
9	Final due/checkpoint.	Teacher collection/checking of portfolio and assessment evidence.	Completed portfolio with required evidence.	Due.
10	Clean-up, equipment reset and unit wrap-up.	Optional feedback discussion and celebration of learning.	N/A	Unit closure.

Student Portfolio Checklist

Week	Evidence item	Completed	Teacher notes
1	Safety notes and “What makes food appealing?” brainstorm	☐	
1	Annotated food presentation sketch / rainbow snack plate	☐	
2	Labelled knife safety diagram and safety rules	☐	
2	Spreading and cutting skill reflection	☐	
3	Creative sandwich sketch, ingredient list, and design justification	☐	
4	Scroll recipe plan, equipment list, method, and sketch	☐	
4	Themed plate ideas, ingredient list, and theme justification	☐	
6	Final assessment plan: sketches, equipment, method, and time plan	☐	
7	Evaluation, skill reflection, and improved redesign	☐	
8	Final reflection and complete portfolio submission	☐	

Student-Friendly Success Criteria

- I can explain key food safety and hygiene practices and apply them during practical lessons.
- I can create annotated designs that show my thinking about colour, texture, flavour, theme, and presentation.