

Year 7	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
<b>TOPIC</b>	Introduction Knife skills	Bread Raising agents	Electrical equipment Nutrition Health and safety	Using the hob Nutrition Health and safety	Using the oven Nutrition Health and safety	
<b>KNOWLEDGE TAUGHT</b>	<p>Introduction to health and safety inside the kitchen - Dangers associated with equipment and kitchen - How to use equipment safely –</p> <p>How to prepare for a practical lesson.</p> <p>Healthy food options (Fruit Salad) –</p> <p>Importance of team work in finishing off the lesson.</p> <p>Nutritional content of fruit - How fruit fits into a healthy diet –</p> <p>Knife skills - Boards used for different foods and the why? (green for fruit and veg)</p> <p>Nutritional content of Pasta(Pasta salad) - Boiling water safety - Checking food is cooked</p>	<p>Introduction to raising agents and yeast</p> <p>Why is yeast a living organism</p> <p>The four conditions for yeast to be activated</p> <p>Budding</p> <p>4C's. The importance of cleaning to stop the spread of bacteria around the kitchen.</p> <p>Chilling, understanding the temperature that food should be stored at and where in the fridge.</p> <p>Cooking, understanding how to check when food is cooked and the correct temperature</p>	<p>To learn how to use electrical equipment safely.</p> <p>Using hand held electrical equipment</p> <p>Using the hob</p> <p>How much sugar should we be consuming on a daily basis.</p> <p>How much hidden sugar is found in products we eat on a daily basis</p> <p>The function of sugar in our diet and the negative effects it can have.</p> <p>Weighing</p> <p>Adding and %</p>	<p>Nutrition; Understanding the importance of the eatwell guide, protein, carbohydrates, fats, fibre, vitamins and minerals</p> <p>How to prepare eggs in five different ways</p> <p>Heat control on the hob</p> <p>Stir fry; bridge and claw grip preparation of vegetables</p> <p>How to handle raw meat to avoid cross contamination.</p> <p>How to check chicken is</p>	<p>To understand how bicarbonate of soda works as a raising agents.</p> <p>Portion control</p> <p>Astatically pleasing muffins</p> <p>How to incorporate five a day into a sweet treat.</p> <p>How to use an electric hand whisk safely</p>	<p>How does food wastage effect our environment.</p> <p>How can we reduce food wastage following the 3R's</p> <p>How can we be energy efficient in our homes</p> <p>What are large corporate companies doing to reduce wastage.</p>

		cross contamination, what is cross contamination and how to stop it .		thoroughly cooked.		
<p><b>SKILLS DEVELOPED</b> (Include any trips and visits.)</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Collect equipment safely</p> <p>Safety within a kitchen - How to handle equipment safely - Colour boards for chopping - Peeling and cutting fruit safely and correctly (bridge and claw grip) - Cleaning up efficiently - Why cleaning up is important and how to perform correctly to reduce the spread and housing of germs</p> <p>Presentation of food and making it aesthetically pleasing</p> <p>How to use equipment safely Timings Independence Weighing and measuring Knife skills Food hygiene</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Understanding how yeast reacts and needs four conditions to grow. Practical skill of kneading the bread Understanding the purpose of proving the bread.</p> <p>Pizza; students will be able to independently make bread of their pizza base.</p> <p>Thorough cleaning techniques. How to store food correctly</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Adapting a recipe</p> <p>Using electrical equipment safely.</p> <p>Working in a team to produce a recipe.</p> <p>Peeling Vegetables</p> <p>Bridge and claw grip to prepare vegetables Using the hob safely.</p> <p>How to move around the class with hot pans safely.</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Knowing which foods the nutrients are found in and why we need them. The importance of a balanced diet.</p> <p>Independently using the hob to make an omelette</p> <p>Fine knife skills to prepare vegetables evenly.</p> <p>Knowing how to check chicken and know when it is cooked.</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Using hand held electrical equipment</p> <p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>How is wastage effecting the environment and how can we change this.</p> <p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>

		<p>Use of red chopping board for raw meat.</p> <p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>		
<p><b>ASSESSMENTS</b> (Minimum two per half term, with focussed marking.)</p>	<p>1. Fruit Salad - Creation - Presentation 2. Pasta salad. - Presentation and picture</p>	<p>1. Bread 2. Pizza Presentation and picture</p>	<p>Soda bread - Presentation and picture  2 Written theory test</p>	<p>1. omelette (peer and self-assessment) 2. stir fry; peer and self-assessment)</p>	<p>1. muffins, peer and self-assessment) 2.</p>	<p>1. 2. end of year assessment</p>
<p><b>HOME LEARNING</b> (To be made available via Century Tech; one per week.)</p>	<p>1. How to prepare for a lesson 2. Practicing their knife skills 3. 4. <a href="https://www.youtube.com/watch?v=-Tolc7j9zHs">https://www.youtube.com/watch?v=-Tolc7j9zHs</a></p>	<p>1. practical practice of skills</p>	<p>1. To look at packaging at home and record how much sugar is being consumed on daily basis. practical practice of skills</p>	<p>1. planning a daily diet 2. Make an omelette at home.</p>	<p>2. practical practice of skills</p>	<p>1</p>
<p><b>SEQUENCING</b> (What must students already have been taught in order to begin to learn this topic? Identify opportunities to address knowledge gaps)</p>	<p>Some understanding about classroom expectation - Importance of food as a fuel source for the body</p>	<p>Self preparation To follow hygiene rules for a practical lesson.</p>	<p>Self-preparation To follow hygiene rules for a practical lesson.</p>	<p>Self-preparation To follow hygiene</p>	<p>Self-preparation To follow hygiene rules for a practical lesson.</p>	<p>Self-preparation To follow hygiene rules for a practical lesson.</p>

		<p>Collect equipment safely</p> <p>How to behave in a kitchen</p> <p>Use of knife skills Transmission of bacteria</p> <p>Team work</p> <p>Kneading and proving</p> <p>Using the oven</p>	<p>Collect equipment safely</p> <p>Team work</p> <p>Use of oven</p>	<p>rules for a practical lesson.</p> <p>Collect equipment safely</p> <p>4C's</p> <p>Team work</p> <p>Knife skills Using the hob</p>	<p>Collect equipment safely</p> <p>Team work</p> <p>Using the oven</p>	<p>Collect equipment safely</p> <p>Team work</p> <p>Recap of skills</p>
<p><b>SCHEMAS</b> (Where might students learn about elements of this topic in other subjects? Which subjects might this topic feed into beyond your own?)</p>	<p>Nutrition in Science - Energy and respiration</p>	<p>Science- yeast budding Maths weighing and measuring</p>	<p>Nutrition in science and PE</p>	<p>Science Coagulation of eggs PE nutrition</p>	<p>Science-bicarb soda as a raising agent</p>	<p>Geography and the environment</p>
<p><b>CAREERS LINKS</b> (How might this benefit them in the future?)</p>	<p>Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef</p>	<p>Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager</p>	<p>Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager</p>	<p>Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager</p>	<p>Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager</p>	<p>Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager</p>

	Catering manager	Personal trainer product Development scientist Environmental health officer Chef Catering manager	Personal trainer product Development scientist Environmental health officer Chef Catering manager	Personal trainer product Development scientist Environmental health officer Chef Catering manager	Personal trainer product Development scientist Environmental health officer Chef Catering manager	Personal trainer product Development scientist Environmental health officer Chef Catering manager
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Year 8	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
<b>TOPIC</b>	Food hygiene	Nutrition Cake making methods	Food wastage Rubbing in method	Food poisoning Presentation techniques	High risk food Presentation techniques	
<b>KNOWLEDGE TAUGHT</b>	<p>Recall of health and safety inside the kitchen - Dangers associated with equipment and kitchen - How to use equipment safely –</p> <p>Recall of how to prepare for a practical lesson.</p> <p>Importance of team work in finishing off the lesson.</p> <p>Food hygiene</p>	<p>Nutrition; Understanding the importance of the eatwell guide, protein, carbohydrates, fats, fibre, vitamins and minerals</p> <p>Cake making methods; all in one, creaming rubbing in and melting</p>	<p>Food wastage</p> <p>How does food wastage effect our environment.</p> <p>How can we reduce food wastage following the 3R's</p> <p>How can we be energy efficient in our homes</p> <p>What are large corporate companies doing to reduce wastage.</p>	<p>Food poisoning bacteria's.</p> <p>How does food poisoning occur</p> <p>What are the food poisoning bacteria's</p> <p>What are the symptoms of food poisoning</p> <p>What food are high risk of food poisoning.</p> <p>How can we stop food poisoning</p>	<p>Recall of cooking with a high risk food</p> <p>Recall of cross contamination</p> <p>Recall of using the hobs safely and heat control</p> <p>Presentation techniques using fruit as colour and texture to make a cheesecake look astatically pleasing</p>	

<p><b>SKILLS DEVELOPED</b> <i>(Include any trips and visits.)</i></p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Making a white sauce Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Knowing which foods the nutrients are found in and why we need them. The importance of a balanced diet.</p> <p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Collect equipment safely</p> <p>Creaming method</p> <p>All in one method</p> <p>Melting method</p> <p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Collect equipment safely</p> <p>Rubbing in method and presentation of food.</p> <p>Presentation Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Collect equipment safely</p> <p>Rubbing in method and presentation of food.</p> <p>Safe and hygienic practices when cooking high risk foods.</p> <p>Presentation Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Collect equipment safely</p> <p>Cooking with high risk food making a chicken curry Avoiding cross contamination Using heat control to cook safely</p> <p>Presentation techniques</p> <p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	
<p><b>ASSESSMENTS</b> <i>(Minimum two per half term, with focussed marking.)</i></p>		<p>marble pear tray bake Presentation and picture</p>	<p>pizza pinwheels Presentation and picture</p>	<p>treacle tart Presentation and picture</p>	<p>lemon cheesecake Presentation and picture</p>	<p>Theory assessment</p>

<b>HOME LEARNING</b> <i>(To be made available via Century Tech; one per week.)</i>	1. practical practice of skills	diary of daily diet	practical practice of skills	1. practical practice of skills	1. practical practice of skills	1
<b>SEQUENCING</b> <i>(What must students already have been taught in order to begin to learn this topic? Identify opportunities to address knowledge gaps)</i>	Self preparation  To follow hygiene rules for a practical lesson.  Collect equipment safely  Practical skills from year 7  Team work	Self preparation  To follow hygiene rules for a practical lesson.  Using electrical equipment.  Collect equipment safely  Presentation of food  Knife skills(bridge and claw)  Following health and safety  Team work	Self preparation  To follow hygiene rules for a practical lesson.  Collect equipment safely  Raising agents  Presentation skills  Knife skills(bridge and claw)  Following health and safety  Team work	Self preparation  To follow hygiene rules for a practical lesson.  4C's  Collect equipment safely  Rubbing in; Pastry  Knife skills(bridge and claw)  Following health and safety  Team work	Self preparation  To follow hygiene rules for a practical lesson.  Collect equipment safely  Cooking with high risk food  Presentation skills  Knife skills(bridge and claw)  Following health and safety  Team work	
<b>SCHEMAS</b> <i>(Where might students learn about elements of this topic in other subjects? Which subjects might this</i>	Nutrition in science and PE	Biology maths	Geography Art	Nutrition in science and PE Biology	Biology	

<i>topic feed into beyond your own?)</i>						
<b>CAREERS LINKS</b> <i>(How might this benefit them in the future?)</i>	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager

<b>Year 9</b>	<i>Aut 1</i>	<i>Aut 2</i>	<i>Spr 1</i>	<i>Spr 2</i>	<i>Sum 1</i>	<i>Sum 2</i>
<b>TOPIC</b>	Foods from around the world	Foods from around the world	Foods from around the world	Foods from around the world	Foods from around the world	
<b>KNOWLEDGE TAUGHT</b>	Recall of health and safety inside the kitchen - Dangers associated with equipment and kitchen - How to use equipment safely –  Recall; How to prepare for a practical lesson.	Students will understand the importance of portion control for a healthy diet.  They will learn how to use visual techniques for portion control.  Recall rubbing in method; Technical	Recall knife skills.  Students will learn various decorative kills for sweet and savoury work.  How to use fruit and vegetables for presentation.	Dietary needs through the age groups. Understanding why different age groups need various levels of nutrition.protein, carbohydrates, fats, fibre,	Recall decorative skills from year 7,8 and 9	



	<p>Foods from around the world</p> <p>Calzone</p> <p>Importance of team work in finishing off the lesson.</p>	<p>pastry work pate Sucre</p> <p>Bain Marie to melt</p>		<p>vitamins and minerals and why various ages</p>		
<p><b>SKILLS DEVELOPED</b> (Include any trips and visits.)</p>	<p>Recall on bread making</p> <p>Presentation techniques, making a calzone</p> <p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Collect equipment safely</p> <p>Using a bain marie following health and safety</p> <p>Decorative techniques on the top of the chocolate tart.</p> <p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Collect equipment safely</p> <p>Students will learn how to decorate plates using new skills.</p> <p>Students will be able to use fruit and vegetables in decorative ways to enhance presentation.</p> <p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Collect equipment safely</p> <p>Using high risk food safely</p> <p>Using portion control and presentation to make a Greek meal.</p> <p>Be able to plan a day's diet for a teenager with specific needs</p> <p>Team work; working together to clean and dry equipment and to</p>	<p>Remove blazers, washing hands, tying up hair and apron on</p> <p>Collect equipment safely</p> <p>Students will be able to recall all of their decorative skills to enhance the presentation of a fruit flan</p> <p>Team work; working together to clean and dry equipment and to wipe down work surfaces</p>	

				wipe down work surfaces		
<b>ASSESSMENTS</b> <i>(Minimum two per half term, with focussed marking.)</i>	calzone presentation and picture	choc tart presentation and picture	decorative skills presentation and picture	koftas presentation and picture	fruit flan presentation and picture	
<b>HOME LEARNING</b> <i>(To be made available via Century Tech; one per week.)</i>	practical practice of skills	practical practice of skills	1.. practical practice of skills	Write a food diary for a day..	Adapt your food diary to improve your diet	
<b>SEQUENCING</b> <i>(What must students already have been taught in order to begin to learn this topic? Identify opportunities to address knowledge gaps)</i>	Practical skills from year 8  Self-preparation  To follow hygiene rules for a practical lesson.  Collect equipment safely  Knife skills(bridge and claw)  Following health and safety  Team work  Bread making presentation	Self-preparation  To follow hygiene rules for a practical lesson.  Collect equipment safely  Pastry from year 8  Knife skills(bridge and claw)  Following health and safety  Team work	Self-preparation  To follow hygiene rules for a practical lesson.  Collect equipment safely  Presentation  Knife skills(bridge and claw)  Following health and safety  Team work	Self-preparation  To follow hygiene rules for a practical lesson.  Collect equipment safely  High risk food  Decorative skills  Knife skills(bridge and claw)  Following health and safety	Self-preparation  To follow hygiene rules for a practical lesson.  Collect equipment safely  Decorative skills  Knife skills(bridge and claw)  Following health and safety  Team work	

				Team work		
<b>SCHEMAS</b> <i>(Where might students learn about elements of this topic in other subjects? Which subjects might this topic feed into beyond your own?)</i>	MFL foods from around the world Science- yeast budding Geography	MFL; French terminology	MFL foods from around the world science	MFL foods from around the world Biology and PE nutrition in the diet		
<b>CAREERS LINKS</b> <i>(How might this benefit them in the future?)</i>	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager	Nutritionist Product development Food manufacturing Food tester Dietitian Health service manager Personal trainer product Development scientist Environmental health officer Chef Catering manager