

Year 7 (One lesson per fortnight)	Block 1 (Autumn term1&2 Spring Term 1)	Block 2 (Spring term 2 Summer term 1 & 2)
Students will know and remember	<p>Importance of personal hygiene</p> <p>Safety rules when working in a kitchen</p> <p>The main baking methods and how they are different</p> <p>Some basic uses/functions of the main baking ingredients</p> <p>Describing food using sensory vocabulary & why it is important to sample food</p>	<p>The Eatwell plate & balanced diets</p> <p>Basic nutrition (key nutrients and functions)</p> <p>Salads: vegetable, fruit and pasta</p> <p>Food origins & Seasonality</p> <p>Be able to explain why we need to eat and drink</p> <p>Explain what a balanced diet is</p> <p>Know the main food groups on the Eatwell plate</p> <p>Have some basic nutrition knowledge; functions and foods</p>
So that they can...	<p>Use practical baking methods, processes & techniques,</p> <p>Use equipment: Cooker (oven, hob), electric whisk</p>	<p>Handle a knife safely</p> <p>Use safe chopping techniques</p> <p>Select presentation methods for salads</p> <p>Cook and prepare pasta for a salad</p>
And they will be able to...	<p>Independently bake:</p> <p>Victoria sandwich (creaming method)</p> <p>Oat cookies (melting method)</p> <p>Scones (rubbing in method)</p>	<p>Independently make:</p> <p>A vegetable salad that contains at least 5 different salad vegetables. The vegetables have been prepared and chopped consistently using a distinct technique, e.g. diced/sliced/peeled/grated/shredded/1/4's, etc.</p> <p>A fruit salad (same criteria as above)</p> <p>A pasta salad (same criteria as above for the vegetables). Also, cooking and preparing the pasta for a nutritionally balanced salad</p>

Year 8	Autumn Term (Cycle 1)	Spring Term (Cycle 2)	Summer Term (Cycle 3)
Know and remember...	<p>Deeper knowledge of personal hygiene linking to food safety & bacteria</p> <p>Kitchen hygiene & bacteria in the kitchen</p> <p>How food can become contaminated</p> <p>Bacterial contamination and food poisoning</p> <p>Linking good personal hygiene and good kitchen hygiene to this</p> <p>The methods and techniques used to make a variety of main meals</p>	<p>Vegetarian diets</p> <p>Sustainable eating</p> <p>Different types of vegetarian diets</p> <p>Reasons for following a vegetarian diet</p> <p>Evaluation of a vegetarian diet</p> <p>The environmental impacts of our food choices</p>	<p>Vegetarian diets</p> <p>Sustainable eating</p> <p>Importance of protein & iron in the diet and in relation to restricted diets</p> <p>Recap on Balanced diets</p> <p>Understand the functions of Protein and food sources</p> <p>Understand the implications of not enough iron in the diet</p> <p>Relate nutrition to restricted diets</p> <p>Introduction to Food allergies & intolerances</p>
So that they can...	<p>Safely using the cooker: Oven and hob.</p> <p>Use a variety of chopping and cooking techniques:</p> <p>Peeling, slicing and dicing veg, grating, browning, sweating, boiling, seasoning</p>	<p>Use moulding techniques to form meat/vege burgers</p> <p>Make and shape bread rolls/pizza dough & toppings</p>	<p>Use fine slicing skills</p> <p>Use convenience pastry</p>
And they will be able to...	<p>Develop their sense and use of timing when cooking</p> <p>Use of temperature probe</p> <p>Independently make a sausage ragu with pasta, Bolognese or chilli with pasta or rice.</p>	<p>Develop their sense and use of timing when cooking</p> <p>Use of temperature probe</p> <p>Independently make a: pizza base, shaping and rolling, stuffed crust etc. and preparation of toppings, moulding, shaping and frying burgers, making bread dough; kneading and shaping and baking</p>	<p>Develop their sense and use of timing when cooking</p> <p>Independently making a french apple galette tart.</p>

Year 9	Autumn Term (Cycle 1)	Spring Term (Cycle 2)	Summer Term (Cycle 3)
Students will know and remember...	<p>The role of yeast in bread making</p> <p>Function of baking ingredients</p> <p>What makes food harmful to eat?</p> <p>Controlling bacterial growth in storage, prep and cooking of food</p> <p>Importance of Temperature control</p>	<p>Importance of Temperature control</p> <p>HACCP</p> <p>The role of the EHO</p>	<p>Food Laws and legislation</p> <p>Food waste</p>
Students will recall and remember...	<p>Bacterial contamination, poisonous plants & metals</p> <p>Key temperatures in controlling bacterial growth: 0-5°C, - 18°C, 5-63°C, 37°C, 63°C, 70°C +</p>	<p>The cause of Food borne illness</p> <p>How to write a generic HACCP</p> <p>EHO - Role & responsibilities</p> <p>Know what an EHO would look for during an inspection</p>	<p>Key aspects of food laws such as Food Safety Act, its main purpose and application to our setting</p> <p>Ways the industry can manage food waste</p> <p>Be aware of the main food allergens & intolerances (nuts, seeds, lactose, gluten): visible and non visible symptoms</p>
So that they can...	Advanced (from Y7) baking methods & techniques	<p>Baking contd.</p> <p>Advanced chopping techniques</p>	<p>Cooking with spices</p> <p>avoiding cross contamination practically when using raw chicken</p>
And they will be able to...	<p>Develop their sense and use of timing when cooking</p> <p>Make Speciality bread using: Chopping (fine mincing of garlic), kneading, shaping, baking,</p> <p>Use the whisking method: Swiss roll.</p> <p>Use the rubbing in method: Short pastry for jam tarts/pre-cooked sausage rolls,</p>	<p>Develop their sense and use of timing when cooking</p> <p>Use the creaming Method: Muffins (blueberry etc)</p> <p>Start main meals:</p> <p>Seasoning</p> <p>Sauces</p> <p>Meatballs (moulding and shaping, portion control) and pasta or</p>	<p>Develop their sense and use of timing when cooking</p> <p>Seasoning</p> <p>Make Indian or Thai Chicken or Quorn curry with rice</p> <p>Carry out quality checks on ingredients</p> <p>Use the cooker; hob</p>

	<p>working with a dough; rolling and shaping.</p> <p>Use the cooker: oven and hob</p>	<p>falafel and pitta with salsa and salad</p> <p>Use the cooker; oven and hob</p> <p>Use of temperature probe</p>	
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