



<u>Term</u>	<u>What students will learn year 7</u>	<u>Practical skills</u>	<u>Key questions</u>
Autumn 1	<p style="text-align: center;"><u>Developing basic skills</u></p> <ul style="list-style-type: none"> • Fruits and vegetables • How to wash up • Hygiene and safety in the kitchen • Bacteria • The Eat well Guide • Knife skills and safety • How to evaluate – star diagrams, hedonic scales, sensory analysis • Names of equipment • Function of equipment • Understanding how to use a cooker • Nutrients and their functions 	<ul style="list-style-type: none"> • Knife skills – bridge and claw method • Rubbing in method • Weighing and measuring • Peeling • Cut slice and chop • Grate • Mix and combine • Use the grill, hob and oven • Deseed 	<ul style="list-style-type: none"> • What is a healthy diet? • What goes into my food? • Can I use basic skills in the kitchen to make something safely? • Know how to measure ingredients? • How do I follow a recipe? • What makes up a balanced diet? • What is the function of proteins in the body?
Autumn 2	<ul style="list-style-type: none"> • Food storage • Function of ingredients • Use of hedonic scales • Peer evaluation • Advantages and disadvantages of products • Costing a recipe • Writing recipes • Star diagrams • Names of equipment • Functions of equipment 	<ul style="list-style-type: none"> • Basic cooking methods – rubbing in, melting • Knife skills • Weighing and measuring • Cut, slice and chop • Mix and combine • Roll out • Drain 	<ul style="list-style-type: none"> • How do you store food correctly? • What methods can I use to evaluate my dishes? • How do I work out a cost of a recipe? • How do I write my own recipe?



<p>Spring 1</p>	<p style="text-align: center;"><u>Cooking techniques</u></p> <ul style="list-style-type: none"> • Ingredients and their nutrients • Identifying improvements • Cooking methods • Origin of fruit and vegetables • Fair trade • Sustainable food • Seasonal and organic food 	<ul style="list-style-type: none"> • Knife skills – bridge and claw method • Rubbing in method • Weighing and measuring • Divide • Cut slice and chop • Mix and combine • Use the grill, hob and oven • Whisk • Roll out 	<ul style="list-style-type: none"> • What does fair trade mean? • What does organic mean? • How can we create dishes using seasonal products?
<p>Spring 2</p>	<ul style="list-style-type: none"> • Food labels – what is on a label and using a label to make healthier choices • Factors that affect food choice • Product analysis • Design packaging • Food preservation • Sensory analysis 	<ul style="list-style-type: none"> • Knife skills – bridge and claw method • Rubbing in method • Weighing and measuring • Cut slice and chop • Mix and combine • Use the grill, hob and oven • Whisk • Roll out • Knead 	<ul style="list-style-type: none"> • Why do people choose certain foods? • Why is food packaged? • What are the different methods of preserving food?



<p>Summer 1</p>	<p>Presentation and evaluating:</p> <ul style="list-style-type: none"> • Shopping and budgeting • Developing and adapting recipes 	<ul style="list-style-type: none"> • Knife skills – bridge and claw method • Rubbing in method • Weighing and measuring • Cut slice and chop • Mix and combine • Use the grill, hob and oven • Whisk Roll out • Knead 	<ul style="list-style-type: none"> • How can you adapt a recipe to make it healthier? • Why should you budget?
<p>Summer 2</p>	<ul style="list-style-type: none"> • Production methods in industry • Product development • Designing for others 	<ul style="list-style-type: none"> • Knife skills – bridge and claw method • Rubbing in method • Weighing and measuring • Cut slice and chop • Mix and combine • Use the grill, hob and oven • Whisk Roll out • Knead 	<ul style="list-style-type: none"> • What are the different production methods? • How are products designed? • What are the laws with product packaging? • What information needs to be included?



<u>Term</u>	<u>What students will learn year 8</u>	<u>Practical skills</u>	<u>Key questions</u>
Autumn 1	<p><u>Recall and reinforce skills</u></p> <ul style="list-style-type: none"> • How to wash up • Health and safety in the kitchen • Changes in dietary recommendations • Recall the Eat Well Guide • Health benefits of diets • Getting the balance right • International cuisine • Micro - organisms – conditions for growth • Temperatures • Signs of food spoilage 	<ul style="list-style-type: none"> • Weigh and measure • Peel • Knead • Cut, slice and chop • Grate • Mix and combine • All in one method • Use the grill, hob and oven • Roll out • Rub in • Divide • Whisk • drain 	<ul style="list-style-type: none"> • What is a healthy diet? • What goes into my food? • Can I use basic skills in the kitchen to make something safely? • Know how to measure ingredients? • How do I follow a recipe? • What makes up a balanced diet? • What is the function of proteins in the body?
Autumn 2	<ul style="list-style-type: none"> • Special diets • Special dietary requirements • Consequences of poor diet • Gluten experiment • Theory on gluten • Bread in industry • Bacteria – yeast • Costing recipes • Different cereals 	<ul style="list-style-type: none"> • Weigh and measure • Peel • Knead • Cut, slice and chop • Grate • Mix and combine • All in one method • Use the grill, hob and oven • Roll out • Rub in • Divide • Whisk • drain 	<ul style="list-style-type: none"> • How do special dietary requirements affect our food choices? • What are the types of bread products available to consumers? • What are the functions of ingredients used in bread making?



<p>Spring 1</p>	<p style="text-align: center;"><u>Nutrients</u></p> <ul style="list-style-type: none"> • Macronutrients • Micronutrients • Cake making methods • Evaluation skills – hedonic scales, star diagrams, peer evaluation • Batch production • Cooking methods • Sauce making methods – roux, béchamel • Gelatinisation 	<ul style="list-style-type: none"> • Weigh and measure • Peel • Knead • Cut, slice and chop • Grate • Mix and combine • All in one method • Use the grill, hob and oven • Roll out • Rub in • Divide • Whisk • drain 	<ul style="list-style-type: none"> • Why are micronutrients needed in the diet? • What are the sources, types and functions of vitamins A,B,D and C? • What are the functions of calcium, iron and sodium?
<p>Spring 2</p>	<ul style="list-style-type: none"> • Pastry making – shortcrust, puff, filo • Different types of pastry • Fats in pastry • Shortening • Sensory analysis • Designing healthy and nutritious school dinners • Look into Jamie’s school dinners • Raising agents • Pizza designing • Flour 	<ul style="list-style-type: none"> • Weigh and measure • Peel • Knead • Cut, slice and chop • Grate • Mix and combine • All in one method • Use the grill, hob and oven • Roll out • Rub in • Divide • Whisk • drain 	<ul style="list-style-type: none"> • What are the different types of pastry? • What is the function of fats in pastry? • Why do we use sensory analysis as a form of evaluation dishes?



<p>Summer 1</p>	<p><u>Presentation and evaluating</u></p> <ul style="list-style-type: none"> • layering techniques • product analysis • labelling • packaging materials • food labelling • regulations act • Labelling and the law. • Designing packaging • Hidden sugars • Sugar – daily allowance 	<ul style="list-style-type: none"> • Weigh and measure • Peel • Knead • Cut, slice and chop • Grate • Mix and combine • All in one method • Use the grill, hob and oven • Roll out • Rub in • Divide • Whisk • drain 	<ul style="list-style-type: none"> • What is the importance of labelling? • What are the laws and regulations around food labelling and packaging?
<p>Summer 2</p>	<ul style="list-style-type: none"> • Factors influencing food choices – lifestyle, religious • International cuisine • Design task • Planning free choice practical 	<ul style="list-style-type: none"> • Weigh and measure • Peel • Knead • Cut, slice and chop • Grate • Mix and combine • All in one method • Use the grill, hob and oven • Roll out • Rub in • Divide • Whisk • drain 	<ul style="list-style-type: none"> • What are the factors that affect individual food choice? • What are the needs of young adolescents?