

	Term 1 Weeks 1-7	Term 2 Weeks 8-15	Term 3 Weeks 16-21	Term 4 Weeks 22-27	Term 5 Weeks 28-33	Term 6 Weeks 34-40
	Healthy Eating and Food Skills (Students have one double lesson per fortnight)					
Year 7	Knife Skills and Grill	Combining and Oven	Shaping and Reduction Sauce	Fruit and Vegetables	Sensory Analysis	Food Choice: Jam Jar Salad
	<p>Students will learn about health, safety and hygiene in the food room ensuring they are safe to cook. Students will learn accurate knife skills via the bridge and claw methods, safe use of the grill and radiation as a method of heat transfer. Students will learn about enzymic browning in fruit and how to prevent it.</p> <p><i>Homework: Washing up experiment, Using the cooker</i></p> <p>Practicals: Fruit fusion, Pitta Pizza</p> <p><u>EXTENSION HOMEWORK IN HOMEWORK BOOK</u></p>	<p>Students learn how different ingredients can be combined to create different dishes. Students will continue to develop their knife skills and will learn how to rub in, portion and safely use the hob and oven. Students will learn about conduction and convection as a form of heat transfer, and use of emulsifiers to create salad dressings.</p> <p><i>Homework: Rock bun recipe adaptation, Food diary and self assessment against the Eatwell Guide</i></p> <p>Practicals: Rice Salad, Rock Buns, Courgette and Cheese Muffins</p>	<p>Students will learn breadmaking skills and will make a reduction sauce showing safe use of the hob. Students will learn about the use of yeast as a raising agent and will consider the conditions needed for growth, and will also consider the role of gluten in the structure of bread.</p> <p><i>Homework: Pasta designing</i></p> <p>Practicals: Bread Rolls, Tomato Ragu with Pasta</p>	<p>Students will make Flapjack using the melting method and will further develop their knife skills and reduction sauce making skills. Students will learn about the role of fibre in the diet, including the consequences of deficiency, and will make a high fibre crumble. Students will consider seasonability and food miles related to fruits and vegetables.</p> <p><i>Homework: Breakfast research, Tools and equipment</i></p> <p>Practicals: Fruity Flapjack, Vegetable Curry, High Fibre Crumble</p>	<p>Students will take part in a sensory analysis task, learning about bias, random coding, controlled conditions and the role of sensory analysis in food science. Students will develop their rubbing in and pastry manipulation skills. Students will work together in a breakfast group task.</p> <p><i>Homework: Image board of potential salad ingredients, Spelling test</i></p> <p>Practicals: Cheese Straws, Breakfast (including smoothies, pancakes, muffins)</p>	<p>Students will plan a 'jam jar salad' suitable for a pre-teen which meets the healthy eating guidelines with particular reference to '5 a day'. Students will consider aesthetics, flavour and texture when planning their salad and dressing. Students will evaluate their salad and be able to suggest improvements.</p> <p><i>Homework: Planning for jam jar salad practical</i></p> <p>Practicals: Jam Jar Salad</p>
Assessment	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.
	Students will be working towards the 1 star chef award via the Sainsbury's Active Kids: Cooking and Nutrition scheme.					

	Term 1 Weeks 1-7	Term 2 Weeks 8-15	Term 3 Weeks 16-21	Term 4 Weeks 22-27	Term 5 Weeks 28-33	Term 6 Weeks 34-40
	Foods From Around The World (Students have one double lesson per fortnight)					
Year 8	India, Mexico	China, Britain, Tex-Mex	Caribbean, Spain	Japan, USA, Britain	Greece, Holland, Italy	Recipe Adaptation Task
	<p>Students will revise their hygiene knowledge and will ensure a working knowledge of good practice in the kitchen. Students will revise their knife skills, use the reduction sauce making method, safe use of the hob and oven, rubbing in method and portioning. Students will consider food miles, methods of heat transfer and types of sugar.</p> <p>Homework: <i>Date Marks, Culture Research</i></p> <p>Practicals: <i>Bombay Potatoes, Chilli Chocolate Cookies</i></p> <p><u>EXTENSION HOMEWORK IN HOMEWORK BOOK</u></p>	<p>Students will focus on knife skills, safe use of the hob and oven, rubbing in method, meat preparation including prevention of cross contamination. Students will consider the use of standard components in the home and in industry, consider seasonality of fruits and vegetables, also free range eggs vs battery eggs. Students will start to consider the different sources of meat.</p> <p>Homework: <i>Take Away Research, Food Miles</i></p> <p>Practicals: <i>Chow Mein, Scones, Chilli Con Carne</i></p>	<p>Students will demonstrate safe use of the hob, safe use of the oven, rubbing in method for shortcrust pastry, pastry manipulation, accurate knife skills. Students will learn about food poisoning bacteria associated with chicken and rice, will consider optimum conditions for bacterial growth and how to reduce the risk. Students will consider how the recipe could be adapted to suit different tastes and needs, including different vegetables in season.</p> <p>Homework: <i>Cooking Worksheets</i></p> <p>Practicals: <i>Spiced Patties, Paella</i></p>	<p>Students will use sushi rolling mats, grill, hob and oven and will develop breadmaking, béchamel sauce making and knife skills. Students will implement measures to prevent cross contamination when cooking with meat, and will consider the use of steam as a raising agent. Students will consider the traditional ingredients used in sushi making. Students will learn about the theory of starch gelatinisation.</p> <p>Homework: <i>Ready Meal Product Analysis</i></p> <p>Practicals: <i>Sushi, Mac and Cheese, Toad in the Hole</i></p>	<p>Students will continue to safely use electric handmixers, oven, and hob. Students will manipulate bread dough. Students will consider the health benefits of oven baking vs frying, the function of eggs to bind and will consider the different moral / ethical levels in the production of meat. Students will consider the use of yeast as a raising agent.</p> <p>Homework: <i>Spelling Test, Image Board</i></p> <p>Practicals: <i>Dutch Apple Cake, Pitta Bread with Houmous, Spaghetti and Meatballs</i></p>	<p>Students will make a calzone of their own design, suitable for teenagers, to be sold in the school bistro, which conforms to the school food standards and healthy eating guidelines. Students will make bread dough, ensuring accurate weighing of ingredients. Students will learn about what happens to yeast when it is frozen and defrosted, and how gluten is affected by the kneading process. Students will plan their final practical using a timeplan to include quality checks.</p> <p>Homework: <i>Final Product Planning and Evaluation</i></p> <p>Practicals: <i>Bread Dough, Final Design Practical</i></p>
Assessment	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.
	Students will be working towards the 2 star chef award via the Sainsbury's Active Kids: Cooking and Nutrition scheme.					

	Term 1 Weeks 1-7	Term 2 Weeks 8-15	Term 3 Weeks 16-21	Term 4 Weeks 22-27	Term 5 Weeks 28-33	Term 6 Weeks 34-40
	Dietary Needs, Morals and Ethics (Students have one double lesson per fortnight)					
Year 9	Food Safety and Nutrition	Allergies and Medical Needs	Morals and Ethics	Food Science / Industrial Production	Morals and Ethics	Function of Ingredients Investigation
	<p>Students will revise their hygiene knowledge and will ensure a working knowledge of good practice in the kitchen. Students will revise the Eatwell Guide, the 8 guidelines for a healthy diet, focusing on starchy carbohydrates, energy balance and the function of fibre and water in the body. Students will make a bacon and pea risotto, demonstrating safe use of the hob, and knife skills, and a high fibre vegetable soup with wholemeal bread rolls, revising knife skills, breadmaking and safe use of the oven.</p> <p>Homework: <i>Healthy Eating Questions, Seasonality of Fruits and Vegetables.</i></p> <p>Practicals: Bacon and Pea Risotto, High Fibre Vegetable Soup and Wholemeal Bread Rolls</p> <p>EXTENSION HOMEWORK IN HOMEWORK BOOK</p>	<p>Students will learn about Coeliacs, Diabetics, and Lactose Intolerance. They will consider how recipes and diet can be adapted to meet their dietary needs. Students will make gluten free muffins, cookies suitable for diabetics using the creaming method, both showing safe use of the oven.</p> <p>Students will also make a swiss roll suitable for a lactose intolerant diet, using the whisking method. Students will demonstrate safe use of an electric mixer, oven and hob.</p> <p>Homework: <i>Halal Haribos, Nutrition Labels</i></p> <p>Practicals: Gluten Free Muffins, Diabetic Cookies, Swiss Roll</p>	<p>Students will start to consider morals and ethics within food production. They will investigate the different levels of animal welfare including RSPCA Freedom Food, Organic, Red Tractor. Students will make Mini Quiches with shortcrust pastry made by the rubbing in method, safe use of the oven, rolling, use of cutters, grating and knife skills. Students will make and shape sausage rolls with flaky pastry made by the rubbing in and lamination method, and will use an egg glaze as a finishing technique.</p> <p>Homework: <i>Fairtrade Questions</i></p> <p>Practicals: Mini Quiches, Sausage Rolls</p>	<p>Students will learn about the different production methods used within the food industry - one off, batch, mass and continuous flow. Students will carry out batch production of Vegetable Samosa's using filo pastry using quality control checks. Students will make Profiteroles using Choux pastry, showing safe use of the hob and oven. Students will consider the differences between lacto-ovo vegetarians, vegans, pescatarians, fruitarians. Focus will be on complementary and alternative proteins and will include sensory analysis.</p> <p>Homework: <i>Production methods, Food additives and allergies</i></p> <p>Practicals: Profiteroles, Vegetable Samosas</p>	<p>Students will make pasta from scratch and manipulate the dough to make different shapes. Students will develop their knife skills to make a reduction sauce. Students will consider how food choice is affected by religion and culture, and will cook turkey burgers to further develop their breadmaking, meat preparation and shaping skills. Students will revise their knowledge of saucemaking and gelatinisation and will make a fish pie considering food presentation and garnishing.</p> <p>Homework: <i>Organic foods, Milk</i></p> <p>Practicals: Handmade Pasta and Ragu, Turkey Burgers, Fish Pie</p>	<p>Students will investigate the function of ingredients within a cake by making and blind tasting cakes made with different ingredients and proportions. Students will set up the tasting session ensuring fair and unbiased testing, and the session will be carried out under controlled conditions. Students will use sensory analysis and nutritional analysis to evaluate their findings.</p> <p>Homework: <i>Spelling test</i></p> <p>Practicals: Function of Ingredients</p>
Assessment	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.	Ongoing assessment via written and practical skills.
	Students will be working towards the 3 star chef award via the Sainsbury's Active Kids: Cooking and Nutrition scheme.					