





	Year 7/8	Objectives	Assessment
1	Introduction to course and Food room Hygiene and Safety, Equipment used Bacteria and cross contamination	Theory – washing up, safely using knife and equipment, purpose of each equipment used, safely preparing food, Bacteria and cross contamination	<p>Homework booklet given at the start of 18 week rotation. Pupils answer questions each week on the topic covered in each lesson and mark work at the start of each lesson, 5mins are allocated to check and peer mark the work and immediate feedback is given. Assessment completed through outcome of practical work.</p> <p>Written assessment at 8/9 weeks and end of module assessment.</p> <p> Experiments</p> <p> Practical lessons</p> <p>KS3 - Curriculum links Understand and apply principles of nutrition and health. Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Become competent in a range of cooking techniques e.g. selecting 7 preparing ingredients; using utensils & electrical equipment; applying heat in different ways; using awareness of taste, texture & smell to decide how to season dishes and combine ingredients; adapting and using their own recipes Understand the source, seasonality and characteristic</p>
2	Eatwell Guide – Food Groups 8 guidelines to healthy eating	Eatwell Guide – 8 guidelines set for healthy eating by Public Health UK and Food Standards Agency	
3	Vitamins & Minerals - Fruit and Vegetables Tasting fruits & veg Fruit Pizza - 5 fruits - practical Sensory evaluation	Nutritional information about Fruit and Vegetable and importance of Fibre in our diets. Knife skills - Bridge hold and Claw hold, dicing fruits, chopping and peeling Fair testing	
4	Cheesy Scones	Metric system, weighing, raising agents, grating cheese and using oven safely	
5	Apple and Blueberry muffins – practical lesson	Slicing apples, making cake mixture, checking if cake is cooked or not, chemical raising agent	
6	Carbohydrates – Potatoes, Bread, Rice, Pasta and other starchy foods Bread tasting	Nutritional information on slow releasing starches – cereals, wheat Fair testing	
7	Mini Pizzas - practical	Make dough - use of yeast to help dough rise biological raising agent	
8	Ragu Pasta - practical	Making tomato sauce, cooking pasta – boiling and simmering	
9	Protein – Meat, Fish and alternatives Eggs experiment	Nutritional information of Eggs Hob use, timing, boiling, simmering, team work	
	Test – end of unit 1	Completed and marked during lesson	
10	Pineapple upside down cake - practical	Use of Eggs in baking - Whisking, baking, using oven safely	
11	Meat and Fish - Nutrients	Nutrients in Fish and Meat, comparing them and how to prepare meat and Fish safely as they are high risk foods	
12	Sweet and Sour chicken – practical lesson	Cutting Chicken into bite size pieces, using corn flour to make a sauce, introduction in flavouring a sauce	
13	Fajitas– practical lesson	Cutting Chicken into Strips – cutting peppers, onions, tomatoes into strips – deseeding tomato and peppers – grating cheese	
14	Fats - Dairy Foods, Nutrients & Cheese tasting	Nutritional information on all dairy foods and their importance in our diets Saturated and unsaturated Fats	
15	Make Cheese and butter	Working in groups, to show how an acid can curdle milk and make cheese and how the fat is separated from the milk to make butter.	
16	Thai Green Curry	Cooking with very little oil, finely cutting vegetables and boiling Rice	
17	Revision on topics covered for end of module assessment		

18	End of module assessment	Completed and marked during lesson	of a broad range of ingredients.
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KS3 PROGRAMME OF STUDY- Food Preparation and Nutrition

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	Year 9	Objectives	Assessment
1	Introduction to Healthy Eating	Making informed choices for a varied and balanced diet – portion size, cost, life stages and specific dietary groups	<p>Homework booklet given at the start of each rotation. Pupils answer questions each week on the topic covered in each lesson and mark work at the start of each lesson, 5mins are allocated to check and peer mark the work and immediate feedback is given.</p> <p>Assessment completed through outcome of practical work.</p> <p>Written end of module assessment</p> <p>Experiments </p> <p>Practical lessons </p>
2	Raising Agents – Experiment with Yeast Scone sensory evaluation	Chemical and biological Raising Agents, how they are used in cooking and their effects. Raising agents used in Scones	
3	Make Pasta dough and freeze Make Soda bread	Importance of Eggs in Pasta dough. Raising agents in Soda bread and	
4	Pesto and Tagliatellie	Using pasta machine to roll out pasta to make Tagliatellie, cooking pasta, making nut free Pesto	
5	Savoury Pin Wheels	Pizza dough used to make mini pin wheels	
6	Swiss roll Make Jam	Making strawberry jam, rolling cake to make Swiss roll	
7	Make filo pastry for Vegetable Samosas and freezing	Rolling dough and layering fat to make Filo pastry, keeping dough cold so that butter does not turn into oil	
8	Vegetable Samosas	Making triangle parcels for samosas, making paste for sealing samosas, baking samosas, knife skills dicing vegetables	

9	End of module Assessment	Completed and marked during lesson	
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