



Topic name	Term	Skills developed	Link to NC subject content	Next link in curriculum	Other Notes
Hygiene and safety within the food room	Autumn	<ul style="list-style-type: none">Personal hygiene and safe practice in the food room	<ul style="list-style-type: none">Become competent selecting, storing and using equipment and ingredients	<ul style="list-style-type: none">Reinforced through all practical lessons.Principles of food safety	
Healthy eating and nutrition Balanced diet Energy balance	Autumn/ winter	<ul style="list-style-type: none">Knowledge of Eatwell Guide and healthy eatingNutrient groups and functionBalance of nutrients and effect on the individual	<ul style="list-style-type: none">Understand and apply the principles of nutritionBecoming competent in a range of cooking skillsCombining ingredients	<ul style="list-style-type: none">Understanding ingredients from food/nutrient groupsFeeding through the life stages	Practical activities to support theory and promote skills
Food origins – reared, grown, caught and food choice	Autumn/ Winter	<ul style="list-style-type: none">Understanding the types of ingredients available and where to source them from.Making informed choices	<ul style="list-style-type: none">Understand and apply the principles of nutritionUnderstanding source, seasonality and ingredients	<ul style="list-style-type: none">Feeding through the life stagesFarming and food productionSeasonality	Practical activities to support theory and promote skills



<p>Food labelling</p>	<p>Winter/ Spring</p>	<ul style="list-style-type: none"> • Understanding the function of ingredients • Learning a basic method of foods preparation • Look at food choice 	<ul style="list-style-type: none"> • Becoming competent in a range of cooking techniques, • Using tools and equipment, • Awareness of taste, texture and smell. • Understand source, seasonality of ingredients 	<ul style="list-style-type: none"> • Food waste and packaging 	<p>Practical activities to support theory and promote skills</p>
<p>Multicultural and traditional foods.</p>	<p>Winter/ Spring</p>	<ul style="list-style-type: none"> • Understanding the function of ingredients • Learning different methods of foods preparation • Look at food choice and influence. 	<ul style="list-style-type: none"> • Becoming competent in a range of cooking techniques, • Using tools and equipment, • Awareness of taste, texture and smell. • Understand the source, seasonality and characteristics of a broad range of ingredients. 	<ul style="list-style-type: none"> • Various practical tasks that include traditional and multicultural dishes 	
<p>Skills – rubbing in method - various practical activities</p>	<p>Spring/ summer</p>	<ul style="list-style-type: none"> • Altering of ratio and ingredients • Properties of bought pastry • Accurate forming and shaping 	<ul style="list-style-type: none"> • Adapting recipes • Cooking for a varied diet • Becoming competent in a range of cooking techniques • Raising agents 	<ul style="list-style-type: none"> • Reinforced through practical tasks – bread and pastry 	<p>Practical activities to support theory and promote skills</p>



<p>Sensory evaluation</p>	<p>Spring/ Summer</p>	<ul style="list-style-type: none">• Learn about traditional food products.	<ul style="list-style-type: none">• Awareness of taste, texture and smell• Combining ingredients• Adapting recipes• Healthy and varied diet	<ul style="list-style-type: none">• Reinforced through practical tasks and evaluation tasks	
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