



Topic name	Term	Skills developed	Link to NC subject content	Prior learning	Next link in curriculum	Other Notes
Revisit healthy eating and looking at nutrition through the life stages Food safety and contamination	Autumn	<ul style="list-style-type: none"> Understanding ingredients from food/nutrient groups. Knowledge of feeding people through different life stages. Understanding contamination and food poisoning 	<ul style="list-style-type: none"> Understand and apply the principles of nutrition and health 	Yr7 Nutrition and healthy eating Hygiene and safe working	<ul style="list-style-type: none"> Nutritional needs and dietary disorders 	
Food waste and packaging. Farming and food production Seasonality	Autumn/ winter	<ul style="list-style-type: none"> Understanding the different methods of food production. Understanding the link between over production, waste and environment. 	<ul style="list-style-type: none"> Understanding source, seasonality and characteristics of a broad range of ingredients. Combining ingredients Awareness of taste, texture and smell 	Yr7 – origins of food Food labelling Traditional foods	<ul style="list-style-type: none"> Food choice Supermarket research Cooking of meat 	Throughout course – practical sessions that reinforce and revisit theory to increase skills of production – pasta bake/sausage lattice
Revisit pastry – introducing various products using different types of pastry, function of ingredients	Winter/ Spring	<ul style="list-style-type: none"> Looking at how adding different ingredients can affect form and function of the pastry. Furthering skills of forming and shaping. 	<ul style="list-style-type: none"> Cook a repertoire so they can feed themselves and others. Become competent in a range of cooking techniques. 	Traditional and multicultural foods Practical task pastry – sausage rolls Spring rolls	The cooking of food - baking	
Introduce function and characteristics of ingredients- gelatinisation, denaturation and coagulation	Spring/ summer	<ul style="list-style-type: none"> Learn the processes that thicken, set and colour foods during cooking. 	<ul style="list-style-type: none"> Become competent in a range of cooking techniques. Awareness of taste, texture and smell 	Sensory evaluation Practical tasks	<ul style="list-style-type: none"> Practical tasks Function of ingredients and the cooking of food 	



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Revisiting – understanding ingredients – raising agents - yeast	Spring/ Summer	<ul style="list-style-type: none">Understanding the function of different foods/ingredientsLearning concepts of fermentation and kneading	<ul style="list-style-type: none">Understanding source, seasonality and characteristics of a broad range of ingredients.Combining ingredientsAwareness of taste, texture and smell	Raising agents – bicarbonate of soda	Function of ingredients - Raising agents	Throughout course – practical sessions that reinforce and revisit theory to increase skills of production