| Topic Name | Term | Skills Developed | Link to NC Subject Content | Next link in curriculum  | Other Notes |
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| Safety within the food room | Autumn | * Personal hygiene and safe practice in the food room

 | * Become competent selecting, storing and using equipment and ingredients
 | * Reinforced through all practical lessons.
* Food contamination
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| Healthy eating and nutritionBalanced dietRaising agents | Autumn/ winter | * Knowledge of Eatwell Guide and healthy eating
* Nutrient groups and function
* Balance of nutrients
* Dietary disorders
* Learn about chemical raising agents
 | * Understand and apply the principles of nutrition
* Becoming competent in a range of cooking skills
* Combining ingredients
 | * Energy balance
* Understanding ingredients from food/nutrient groups
* Raising agents - bicarbonate of soda
 | Practical activities to support theory and promote skills |
| Sourcing ingredients and food choice | Autumn/Winter | * Understanding the types of ingredients available and where to source them from.
* Making informed choices
 | * Understand and apply the principles of nutrition
* Understanding source, seasonality and ingredients
 | * Feeding through the life stages
* Pastry and seasonality
 | Practical activities to support theory and promote skills |
| Multicultural and traditional foods.Where food comes from | Spring | * Understanding the function of ingredients
* Learning a basic method of foods preparation
* Look at food choice
 | * Becoming competent in a range of cooking techniques,
* Using tools and equipment,
* Awareness of taste, texture and smell.
* Understand source, seasonality of ingredients
 | * Reinforced through practical tasks
* Meat and eggs research
 | Practical activities to support theory and promote skills |
| Skills – rubbing in method - various practical activities | Spring/summer | * Altering of ratio and ingredients
* Properties of bought pastry
* Accurate forming and shaping
 | * Adapting recipes
* Cooking for a varied diet
* Becoming competent in a range of cooking techniques
 | * Reinforced through practical

tasks - pastry | Practical activities to support theory and promote skills |
| Sensory evaluation | Spring/Summer | * Learn about traditional food products.
 | * Awareness of taste, texture and smell
* Combining ingredients
* Adapting recipes
* Healthy and varied diet
 | * Reinforced through practical tasks
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