| 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 |  |
| Healthy eating and nutrition  Balanced diet  Raising 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 |  |