



Topic Name	Term	Skills Developed	Link to NC Subject Content	Next link in curriculum	Other Notes
Safety within the food room	Autumn	<ul style="list-style-type: none"> Personal hygiene Safe practice in the food room Correct food storage Safe food preparation 	<ul style="list-style-type: none"> Become competent selecting and using equipment and ingredients 	<ul style="list-style-type: none"> Reinforced through all practical lessons. 	
Healthy eating and nutrition	Autumn/ winter	<ul style="list-style-type: none"> Knowledge of Eatwell Guide and healthy eating Nutrient groups and function 	<ul style="list-style-type: none"> Understand and apply the principles of nutrition 	<ul style="list-style-type: none"> Energy balance Understanding ingredients from food/nutrient groups 	Practical activities to support theory and promote skills
Balanced diet	Autumn/ Winter	<ul style="list-style-type: none"> Understanding healthy eating and balance of nutrients Dietary disorders 	<ul style="list-style-type: none"> Understand and apply the principles of nutrition 	<ul style="list-style-type: none"> Feeding through the life stages 	Practical activities to support theory and promote skills
Skills - rubbing in method Seasonality, packaging and labelling	Spring	<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"> Reinforced through practical tasks 	Practical activities to support theory and promote skills



Skills – rubbing in method - pastry	Spring/ summer	<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	<ul style="list-style-type: none">• Reinforced through practical tasks - pastry	Practical activities to support theory and promote skills
Skills – Raising agents	Spring/ Summer	<ul style="list-style-type: none">• Learn about chemical raising agents• Learn about traditional food products.	<ul style="list-style-type: none">• Become competent in range of cooking techniques• Combining ingredients• Healthy and varied diet	<ul style="list-style-type: none">• Reinforced through practical tasks – pizza, fruit slices	