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| Topic Name | Term | Skills Developed | Link to NC Subject Content | Next link in curriculum | Prior learning | Other Notes |
| Revisit Eatwell Guide, nutrients and healthy eating  Food contamination | Autumn | * Understanding ingredients from food/nutrient groups and energy balance * Knowledge of feeding people through different life stages. * Understanding food poisoning | * Understand and apply the principles of nutrition and health | * Food safety, storage and hygiene | Yr7 Nutrition and healthy eating  Hygiene and safe working | Energy balance and nutrients |
| Looking at the use of meat and meat products to create different products | Autumn/  winter | * Understanding the different main ingredients that are available within the different food groups. | * Understanding source, seasonality and characteristics of a broad range of ingredients. * Combining ingredients * Awareness of taste, texture and smell | * Food choice * Use of ingredients in practical tasks | Yr 7 where food comes from | 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 | * Looking at how adding different ingredients can affect form and function of the pastry. * Furthering skills of forming and shaping. | * Cook a repertoire so they can feed themselves and others. * Become competent in a range of cooking techniques. | * Various practical lessons | Multicultural foods/where foods come from/Food choice  Practical’s: spring rolls/sausage rolls  Rubbing in method.  Fruit | Pasties  Sausage lattice  Fruit crumble tart |
| Introduce function and characteristics of ingredients-gelatinisation and coagulation  Investigate food sourcing of eggs | Spring/  summer | * Learn the processes that thicken, set and colour foods during cooking. * Learn how farming methods affect food choice of eggs. | * Become competent in a range of cooking techniques. * Awareness of taste, texture and smell | * Practical tasks * Function of ingredients | Sensory evaluation  Starchy foods Food sourcing | Vegetable layer  Custard tart |

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| Revisiting – understanding ingredients – raising agents | Spring/  Summer | * Understanding the different main ingredients that are available within the different food groups. * Learning concepts of fermentation and kneading | * Understanding source, seasonality and characteristics of a broad range of ingredients. * Combining ingredients * Awareness of taste, texture and smell | * What is a diet and Government guidelines. * Nutrients in detail | Raising agents – bicarbonate of soda | Throughout course – practical sessions that reinforce and revisit theory to increase skills of production  Iced buns |
| Revisiting the function and characteristics of different fats/oils.  Revisiting the use of fruit in products | Summer | * Learn that different fats and oils affect the sensory and keeping properties of food products. * Learn that different parts of a fruit can be used to add different sensory aspects to food products | * Become competent in a range of cooking techniques * Awareness of taste, texture and smell. * Combining ingredients. | * Become competent in a range of cooking techniques. * Food choice | Nutrients  Fruit  Rubbing in method | Lemon drizzle muffins  Fruit crumble tart |