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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 eatingFood 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 eatingHygiene 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 choicePractical’s: spring rolls/sausage rollsRubbing in method.Fruit | PastiesSausage latticeFruit 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 evaluationStarchy foods Food sourcing | Vegetable layerCustard tart |

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| Topic Name | Term | Skills Developed | Link to NC Subject Content | Next link in curriculum  | Prior learning | Other notes |
| 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 productionIced 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
 | NutrientsFruitRubbing in method | Lemon drizzle muffinsFruit crumble tart |