



Topic Name	Term	Skills Developed	Link to NC Subject Content	Next link in curriculum	Other Notes
<i>Nutrition and healthy eating.</i>	Autumn	<ul style="list-style-type: none"> <li>• Knowledge of energy balance in detail</li> <li>• Understanding ingredients from food/nutrient groups</li> <li>• Knowledge of feeding people through different life stages.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Understand and apply the principles of nutrition and health</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Food safety, storage and hygiene</i></li> </ul>	
Introduction to sourcing, cooking, and understanding ingredients	Autumn/ winter	<ul style="list-style-type: none"> <li>• Understanding the different main ingredients that are available within the different food groups.</li> <li>• To understand source, cooking and storage of specific ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding source, seasonality and characteristics of a broad range of ingredients.</li> </ul>	<ul style="list-style-type: none"> <li>• What is a diet and Government guidelines.</li> <li>• Nutrients in detail</li> </ul>	Throughout course – practical sessions that reinforce and revisit theory to increase skills of production
Introduce gelatinisation, coagulation and caramelisation	Winter/ Spring	<ul style="list-style-type: none"> <li>• Learn the processes that thicken, set and colour foods during cooking.</li> </ul>	<ul style="list-style-type: none"> <li>• Become competent in a range of cooking techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Practical elements throughout to support theory lessons and increase skills</li> </ul>	
Revisit raising agent – biological – yeast and pastry in relation to multicultural dishes	Spring/ summer	<ul style="list-style-type: none"> <li>• Learn how about fermentation and different uses for different pastry when making a multicultural dish</li> </ul>	<ul style="list-style-type: none"> <li>• Become competent in a range of cooking techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Practical elements</li> </ul>	



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Revisit pastry – introducing various products using different types of pastry	Summer	<ul style="list-style-type: none"><li>• Looking at how adding different ingredients can affect form and function of the pastry.</li><li>• Furthering skills of forming and shaping.</li></ul>	<ul style="list-style-type: none"><li>• Cook a repertoire so they can feed themselves and others.</li><li>• Become competent in a range of cooking techniques.</li></ul>	Various practical lessons.	
		<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>	
		<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>	



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