



Yr 7	Autumn Term 1	Spring Term 1	Summer Term 1
1	<p>To explain the layout of the food room and to recognise, name and locate the tools and equipment in the food room</p>	<p>To acquire and demonstrate weighing and measuring, grating, knife skills, rubbing-in, mixing and stirring, assembling and layering, and using the oven (baking) to prepare and cook a savoury crumble.</p> <p>Numeracy – measuring, weighing, reading scales</p>	<p>To acquire and demonstrate the principles of food hygiene and safety, focusing on knives (if using), the grater, handling eggs, and the oven.</p> <p>PSHE – health and well being, life choices Careers – dietician, catering, hospitality</p>
2	<p>To describe the expectations for working in the food room including food hygiene and safety practices. To describe sensory evaluation and list the sensory descriptors for a salad.</p> <p>PSHE – health and well being , healthy living Careers – dietician, catering, hospitality</p>	<p>To acquire and demonstrate the principles of food hygiene and safety, focusing on using knives, grating, rubbing-in (personal hygiene) and the oven. To calculate the cost of their savoury crumble.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To investigate some of the factors that affect food choice. To investigate ways in which food can be made appetising, including seasoning, flavouring, visual appearance, presentation.</p> <p>PSHE – health and well being, life choices Careers – dietician, catering, hospitality</p>
3	<p>To acquire and demonstrate knife skills and using small equipment to prepare and make a deli salad.</p>	<p>To explain where dairy and alternatives come from and how consumer demand influences availability, e.g. lower fat dairy products. To compare and evaluate a</p>	<p>To investigate the nutritional requirements for teenagers and plan a suitable main meal dish.</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>range of dairy and alternative products using food labels and sensory evaluation</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
4	<p>To acquire and demonstrate the principles of food hygiene and safety focusing on using knives, the kettle (if using), grater, peeler and other small equipment</p> <p>PSHE – health and well being, life choices Careers – dietician, catering, hospitality</p>	<p>To acquire and demonstrate weighing, measuring, grating, slicing, spreading and using the grill to prepare and cook pizza toast. To acquire and demonstrate the principles of food hygiene and safety, focusing on using knives, grating and the grill.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To acquire and demonstrate knife skills, mixing, using the hob (stir-frying, boiling and simmering), and draining (if using dried noodles) to prepare and cook a stir-fry.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
5	<p>To define the senses, how they are used in tasting food and drink and develop descriptive vocabulary.</p> <p>PSHE – health and well being, life choices Careers – dietician, catering, hospitality</p>	<p>To compare the ingredients, cost and portion size of their pizza toast with restaurant /takeaway pizza</p>	<p>To acquire and demonstrate the principles of food hygiene and safety, focusing on using knives, handling and cooking raw poultry (if using), the hob and draining.</p>



		PSHE – health and well being, life choices, financial choices, cost Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality	PSHE – health and well being, life choices Careers – dietician, catering, hospitality
6	To describe the principles of The Eatwell Guide and relate this to their own diet. To name the key nutrients provided by The Eatwell Guide food groups. PSHE – health and well being, life choices Maths – pie chart Careers – dietician, catering, hospitality	To explain where beans, pulses, fish, eggs, meat and other proteins come from and their importance in the diet. To list the food choices available for vegetarians and explain how their dietary needs are met. PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality	To calculate the energy and nutrients provided by the dish. PSHE – health and well being, life choices Careers – dietician, catering, hospitality Numeracy – calculation
	<u>Autumn Term 2</u>	<u>Spring Term 2</u>	<u>Summer Term 2</u>
7	To explain and apply the 8 tips for healthy eating, the 5 A Day message and portion size. To compare and evaluate existing products. PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality	To investigate the characteristics of beans, pulses, fish, eggs, meat and other proteins foods in cooking. PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality	To acquire and demonstrate measuring, knife skills and using the hob (frying, boiling and simmering) to prepare and cook a vegetable curry PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality



8	<p>To acquire and demonstrate knife skills and using the hob (frying, boiling and simmering) to prepare and cook a vegetable soup.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To acquire and demonstrate knife skills, using small equipment, portioning and dividing, coating and using the oven (baking) to prepare and cook lemon and herb goujons (or spicy bean burgers).</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To acquire and demonstrate the principles of food hygiene and safety, focusing on using knives and the hob.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
9	<p>To acquire and demonstrate the principles of food hygiene and safety, focusing on using knives, the kettle (hot water), and the hob.</p> <p>PSHE – health and well being, life choices Careers – dietician, catering, hospitality</p>	<p>To acquire and demonstrate the principles of food hygiene and safety, focusing on knife skills, handling and cooking fish (if using), and using the oven.</p> <p>PSHE – health and well being, life choices</p>	<p>To calculate the energy and nutrients provided by the dish.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
10	<p>To investigate and evaluate the effects of cooking vegetables.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To perform a simple product analysis, including an overview of the functional properties of the ingredients, and sensory evaluation. To investigate ways in which recipes can be modified.</p>	<p>To acquire and demonstrate weighing and measuring, peeling, cutting, blitzing, dividing, forming and shaping and using the grill to make lamb or vegetarian koftas.</p>



		<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
11	<p>To explain where potatoes, bread, rice, pasta and other starchy carbohydrates come from and why they are important in the diet. To discuss energy and energy balance.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To write a recipe for fruit or savoury breakfast muffins.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To acquire and demonstrate the principles of food safety and hygiene, focusing on using knives, handling and cooking raw meat (if using), small electrical equipment and the grill.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
12	<p>To identify how lifestyle and culture can affect food choice. To investigate what happens to starchy foods when heat is applied</p> <p>PSHE – health and well being, life choices, healthy diet Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To acquire and demonstrate weighing and measuring, peeling, grating, mixing, folding, dividing a mixture, and using the oven to prepare and cook breakfast muffins</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To consolidate and demonstrate food preparation skills when preparing and cooking a main meal dish suitable for a teenager, e.g. knife skills, mixing and combining, forming and shaping, assembling and layering, and using the hob, grill or oven.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p>



			Careers – dietician, catering, hospitality
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Co-ordinator _____ Date _____

SUBJECT _____

Yr 8	Autumn Term 1	Spring Term 1	Summer Term 1
1	<p>To recall the principles of The Eatwell Guide and relate it to their own diet. To list and explain the main nutrients provided by a healthy diet.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To develop and demonstrate the principles of food hygiene and safety, focusing on handling eggs, using knives, grating and the oven.</p> <p>PSHE – health and well being, life choices Careers – dietician, catering, hospitality</p>	<p>To identify and explain the factors that affect individual food choice. To investigate the dietary needs of young people</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
2	<p>To explain the importance of hydration</p> <p>PSHE – health and well being, life choices Careers – dietician, catering, hospitality</p>	<p>To describe the functions of eggs in cooking.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To summarise the actions in the school food standards related to school lunches. To consider ways recipes can be modified to meet the nutritional needs of young people</p>



			PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality
3	To develop and demonstrate measuring, knife skills, and using the hob (boiling and simmering) to prepare and cook savoury rice. PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality	To develop and demonstrate knife skills, rubbing-in, forming and shaping a dough, and using the oven (baking) to prepare and cook fruit scones. PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality	To develop and demonstrate knife skills, using the hob (frying, boiling and simmering) to prepare and cook chilli con carne (or vegetarian alternative). PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality
4	To develop and demonstrate the principles of food hygiene and safety, focusing on rice, using knives, the kettle (hot water), and the hob. PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality	To develop and demonstrate the principles of food hygiene and safety, focusing on using knives, grating and the oven. PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality	To develop and demonstrate the principles of food hygiene and safety, focusing on handling and cooking raw meat, using knives, the kettle (boiling water) and the hob PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality



5	<p>To describe energy and explain why it is needed. To identify sources of energy in the diet</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To explain the term ‘seasonality’ and how to reduce the waste of fruit, vegetables and bread in the home and at school.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To develop and demonstrate preparation and cooking of raw meat, knife skills, and using the hob (frying, boiling and simmering) to prepare and cook Rogan josh (or vegetarian alternative).</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
6	<p>To describe how energy needs change throughout life. To define energy balance and relate the consequences of imbalance.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To name the key micronutrients and state why they are needed in the diet</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To develop and demonstrate the principles of food hygiene and safety, focusing on handling and cooking raw meat, using knives and the hob.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
	<u>Autumn Term 2</u>	<u>Spring Term 2</u>	<u>Summer Term 2</u>
7	<p>To develop and demonstrate measuring, knife skills, grating, cake making, and using the oven (baking) to prepare and cook mini carrot cakes.</p>	<p>To explain the sources, types and functions of vitamins A, D, B-group (Thiamin, Riboflavin and Niacin) and C.</p>	<p>To describe the functions of ingredients used in bread making. To identify varieties of bread and bread products available to the consumer</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>
8	<p>To develop and demonstrate the principles of food hygiene and safety, focusing on handling eggs, using small pieces of electrical equipment and the hob/oven</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>To explain the sources, types and functions of calcium, iron and sodium</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>To explain the sources, types and functions of carbohydrate (including fibre). To describe the dietary recommendations for carbohydrate (including fibre) and how it relates to their diet.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>
9	<p>To calculate the nutritional content information for a recipe and create a food label for a dish.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>To explain the process of gelatinisation in sauce making.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>To develop and demonstrate knife skills, forming, kneading and shaping yeast dough, and using the oven (baking) to prepare and cook pizza wheels.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>



10	<p>To explain the sources, types and functions of protein.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To develop and demonstrate knife skills, using the hob (boiling and simmering), the all-in-one sauce method, and using the grill to prepare and cook tuna pasta bake (or vegetarian alternative).</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To develop and demonstrate the principles of food hygiene and safety, focusing on handling a dough, using knives and the oven. To modify a recipe to create a healthier option.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
11	<p>To describe the dietary recommendations for protein and how it relates to their diet. To define protein complementation.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To develop and demonstrate the principles of food hygiene and safety, focusing on using knives, the hob, draining boiling water and the grill.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To plan and create a recipe for a healthier main meal to be served in a leisure venue. To investigate the availability, benefits and drawbacks of locally or regionally sourced food/dishes and/or ingredients.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
12	<p>To develop and demonstrate knife skills, grating and using the oven (baking) to prepare and cook frittata.</p>	<p>To calculate the nutritional profile and compare the effect of using alternative ingredients.</p>	<p>To develop and demonstrate knife skills, handling and cooking raw turkey, mixing, portioning, shaping, and using the grill to prepare and cook turkey burgers (or</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>vegetarian alternative). To develop and demonstrate the principles of food hygiene and safety, focusing on handling and cooking raw turkey, using knives and the grill</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>
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Co-ordinator _____ Date _____

SUBJECT _____

Yr 9	Autumn Term 1	Spring Term 1	Summer Term 1
1	<p>To demonstrate knowledge and understanding of The eatwell plate guidelines and proportions</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>To describe and explain the importance of good food safety and hygiene when preparing and cooking high risk ingredients such as chicken.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>	<p>To prepare, cook and serve a spaghetti bolognaise or chilli. Contains protein, carbohydrate and at least 2 portions of your 5 a day.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales</p> <p>Careers – dietician, catering, hospitality</p>



2	<p>To identify the main nutrients required for a healthy balanced diet.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To identify the main health issues related to die</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To demonstrate the essential knife skills of preparing and cooking both meat and vegetables safely and hygienically.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
3	<p>To identify the nutritional needs of a teenager.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>to prepare, cook and serve a healthy fajita or tortilla wrap that contains protein, carbohydrate and at least 2–3 portions of your 5 a day.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To use a broader range of preparation techniques and methods when cooking.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
4	<p>To identify the main factors that affect dietary needs throughout different life stages.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>to demonstrate the essential knife skills of preparing and cooking both meat and vegetables safely and hygienically.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To demonstrate a safe and hygienic working routine in the food room following teacher instructions and given recipes.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
5	<p>Cook a light lunch dish to make that meets guidelines of The eatwell plate, nutritionally balanced and appealing to a teenager.</p>	<p>to demonstrate an awareness of taste, texture and smell to decide how to season dishes and combine ingredients.</p>	<p>To present spaghetti bolognese or chilli with a high level of finish.</p> <p>To evaluate spaghetti or chilli use different sensory testing techniques.</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choice Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
6	<p>To cook and serve a healthy savoury lunch product for a teenager.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To demonstrate safe and hygienic working practices in the food room following teacher instructions and given recipes.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To identify the different groups of the population who have special dietary requirements (including food allergies, food intolerance, and religious cultural needs).</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
	<u>Autumn Term 2</u>	<u>Spring Term 2</u>	<u>Summer Term 2</u>
7	<p>To demonstrate the essential skills of preparing and cooking a simple soup, starter or lunch.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To serve dishes with a high level of finish.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To investigate the range of special dietary products available today</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
8	<p>To demonstrate and apply the principles of food safety and hygiene when cooking.</p>	<p>To use nutrition information and allergy advice panels on food labels to help make informed food choices.</p>	<p>To identify vegetarian alternatives to the meat and fish using vegetable sources, Quorn, soya or tofu as a meat substitute</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
9	<p>To demonstrate a good working routine in the food room.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To explain the importance of selecting dishes to cook, which provide the necessary energy and nutrients to meet teenager’s reference nutrient intakes (RNI)</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To plan a risotto suitable for a lacto-vegetarian. To carry out sensory analysis of the risotto and record findings on a star profile. To compose allergen advice about risotto for the consumer.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
10	<p>To explain how the ingredients in their dish provide the necessary energy and nutrients to meet the dietary reference values (DRVs) for teenagers.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To modify recipes and cook dishes that promote current healthy eating messages.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To demonstrate the skills of preparing a range of vegetables, using the hob, controlling temperature, cooking with rice.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
11	<p>To recognize that a variety of food is needed in our diets because different foods provide different nutrients for good health and a balanced diet.</p>	<p>To explain the importance of good food safety practices when getting ready to store, prepare and cook food.</p>	<p>To demonstrate and apply the principles of food safety and hygiene when cooking. To investigate what happens when rice and other grains are cooked</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
12	<p>To describe and explain the importance of energy balance, physical activity and the implications of dietary excess/ deficiency, eg malnutrition, maintenance of a healthy weight.</p> <p>PSHE – health and well being, life choices, self image Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To calculate the cost of the dish and compare with a commercial product.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To adapt original recipe to include ingredients which have been locally sourced or are seasonal.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>

Co-ordinator _____ Date _____

SUBJECT _____

Yr 10	Autumn Term 1	Spring Term 1	Summer Term 1
1	<p>Introduction to the Teacher Features of the course and outline presentation of course. of the course. course and all The 12 practical skills. Course specification. Outline of the specification at a glance.</p>	<p>To prepare, cook and serve a savoury quiche or flan that has been adapted to reduce the saturated fat content. To showcase a range of technical skills when preparing and cooking a suitable savoury dish</p>	<p>To prepare, cook and serve main meal that is rich in calcium and vitamin D. To showcase a range of technical skills when preparing and cooking a dish.</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
2	<p>To understand the importance of eating a variety of different foods from the Eatwell Guide. To understand the importance of eating the correct proportions of each section of the guide for a healthy balanced diet. To plan a suitable savoury meal for a teenager that meets all the advice of the Eatwell guide. To justify choice of dish and explain how it meets current dietary guidelines for healthy eating. To test knowledge and understanding of Eatwell Guide</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To demonstrate and apply the principles of food safety and hygiene when cooking. To demonstrate a good working routine in the food room.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To serve the dish with a suitable salad or vegetable accompaniment which is rich in iron</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
3	<p>To prepare, cook and serve a healthy savoury product suitable for a teenager. To showcase a range of technical skills when preparing and cooking a suitable savoury dish. (S1, S2, S3, S4, S5, S6, S7 and S9) To demonstrate and apply the principles of food safety and hygiene when cooking. To demonstrate a good working routine in the food room. To explain how the dish meets the requirements of the new Eatwell Guide. To understand why sensory testing is carried out and experiment with different types of sensory tests.</p>	<p>To develop skills in garnishing, finishing and presentation of dishes. To identify nutritional profile and science behind the recipe</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>The importance of good preparation and revision in advance of end of topic assessment. To practice answering different types of exam questions under examination conditions. To develop exam technique when answering different types of questions</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>		
4	<ul style="list-style-type: none"> • definition of protein. • functions of protein in the body • main sources of protein in the diet <p>Presentation and class discussion: • What is protein? • Why are proteins important? • effects of a deficiency or excess of protein in the diet • amount of protein needed at different life stages.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Vitamins A, D, E & K. The functions of vitamins in the body. The main sources of vitamins in the body. The effect of excess and deficiency of vitamins in the diet</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To test knowledge and understanding of nutrition and the different nutrients in food. To develop research skills and apply knowledge of healthy eating and nutrition into practical activities.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
5	<p>to demonstrate and apply knowledge and understanding of the Eatwell Guide and its proportions. To select a suitable savoury dish which contains both HBV and LBV protein sources. To describe the effect of heat on a range of different protein foods. To research the health benefits of a range of alternative protein foods including:</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>The dietary reference values for the different vitamins needed every day. Water soluble vitamins B & C Students will learn The definition of vitamins B1, B2, B3, B9, B12 and C</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To develop planning skills to include details of timings, instructions for making and include important hygiene or safety points. To analyse the nutritional value of the meal. To calculate the total costs of the dish, how many it will serve and portion size.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>



6	<p>To prepare, cook and serve a savoury dish which contains both HBV and LBV proteins and meets Eatwell guidelines for a healthy diet. To demonstrate and apply the principles of food safety and hygiene when cooking. To demonstrate a good working routine in the food room. To develop skills in garnishing, finishing and presentation of dishes.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>The functions of vitamins in the body. The main sources of vitamins in the body. The effect of excess and deficiency of vitamins in the diet The dietary reference values for the different vitamins needed every day</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To prepare and cook a nutritionally balanced savoury main course dish which meets the advice of the Eat well guide. To apply a variety of technical skills and make some creative and quality products with skill and precision</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
	<u>Autumn Term 2</u>	<u>Spring Term 2</u>	<u>Summer Term 2</u>
7	<p>To demonstrate and apply the principles of food safety and hygiene when cooking. To demonstrate a good working routine in the food room. To develop skills in garnishing, finishing and presentation of dishes.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>o prepare, cook and serve soup, salad or starter that is rich in specified Vitamin and suitable for preparing cooking and serving in 1 hour.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To prepare and cook an accompaniment that provides a valuable source of one of the antioxidant vitamins A, C and E</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>



8	<p>To analyse the protein content of the dish and how effectively it meets 1/3 of the DRV's for an adult.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To showcase a range of technical skills when preparing and cooking a suitable vitamin rich dish.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To understand the importance of eating a variety of different foods from the Eatwell Guide. To understand the importance of planning balanced meals. To record and analyse daily diet. To consider portion size and cost when planning meals.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
9	<p>The main sources of carbohydrate. The effects of deficiency and excess of carbohydrate in diet. The amount of carbohydrate needed for everyday life. The importance of reducing the amount of free sugars in our diets today</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To develop skills in garnishing, finishing and presentation of dishes. To manage time successfully and present dish with fact file for assessment in 1 hour</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>The importance of consuming the right diet at different life stages. The dietary needs of pre-school children. The dietary needs of school children aged 5-12. The dietary needs of teenagers. The dietary needs of adults.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
10	<p>the different types of dietary fibre • the effect of excess and deficiency of dietary • the dietary reference values for fibre. • how to modify an existing recipe to reduce the amount of free sugar in the recipe and/or increase the amount of dietary fibre in the recipe.</p>	<p>Why the preparation and cooking of foods has an effect on vitamin content.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Students will learn the importance of adapting recipes to meet a range of special dietary needs: • vegetarian and vegans • coeliac • lactose intolerant • high fibre • reduced sugar or salt • reduced fat</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>		
11	<p>To develop and practice investigation skills similar to those used later in NEA</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>The functions of each mineral in the body. The main sources of minerals in the body. The effect of excess and deficiency of different minerals in the diet</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Why the body needs energy. How energy is measured BMI</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
12	<p>To develop and practice investigation skills similar to those used later in NEA</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>To understand the scientific principles of how starch thickens a sauce by gelatinisation. To analyse the nutritional value of the meal and in particular the mineral content of the dish.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>The recommended percentage of energy required by different nutrients The effects of a deficiency or excess of energy in the body.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>



SUBJECT _____

Yr 11	Autumn Term 1	Spring Term 1	Summer Term 1
1	<p>Understand the requirements of the Year 11 course including: • food investigation task • food preparation task • final exam</p> <p>Understand the requirements of the food investigation task including: • research, plan and carry out an investigation into the working characteristics, functional and chemical properties of ingredients • record the investigation findings • analyse and evaluate results • present the food investigation task.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Plan and carry out research into chosen life stage, dietary group or culinary tradition. Develop research skills to gather and use primary and secondary sources of information</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Prepare, cook and serve three final dishes in one three-hour making session demonstrating some complexity and challenge. Execute a range of technical skills with confidence, precision and accuracy.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
2	<p>Research, plan and carry out an investigation into the working characteristics, functional and chemical properties of ingredients. Develop research skills to gather and use primary and secondary sources of information. Develop analysis and evaluation skills and explain how findings will influence practical investigations.</p>	<p>Develop analysis and evaluation skills and explain how findings will influence practical investigations. Present research in a concise and effectively communicated portfolio of work.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Demonstrate a range of appropriate finishing techniques and presentation techniques. Demonstrate evidence of effective organisational skills and time management. Produce all three dishes successfully within the three-hour period</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>



	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>		
3	<p>Write a hypothesis or prediction based upon research findings. Plan relevant and appropriate practical investigations referring to research findings and hypothesis.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Plan relevant and appropriate practical activities.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Correctly sequence all making activities with effective dovetailing of tasks. Work independently demonstrating good personal hygiene application of food safety. Garnish and decorate final dishes with suitable level of finish and decoration.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
4	<p>Carry out a range of practical investigations into the working characteristics, functional and chemical properties of ingredients as identified in research findings. Identify essential controls when carrying out a food investigation.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Select a range of three or four suitable dishes to trial further. Justify choices and explain suitability, create and show skill</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Carry out sensory testing of the final dishes. Carry out nutritional analysis of final dish. Compare nutritional profile of dish against Dietary Reference Values for target group. Cost the final dishes. Evaluate the success of the dishes and identify improvements.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
5	<p>Record results from investigation using charts, graphs, tables, sensory testing and annotated photographs. Explain how results of each</p>	<p>Record evidence of the choice of dishes made during the technical skills demonstration.</p>	<p>exam</p>



	<p>investigation should be used to form the next stage of investigation with reasoning.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	
6	<p>Link the results to research explaining the working characteristics, functional and chemical properties of ingredients tested. Write a conclusion to the hypothesis/prediction with reasons and justifications. Explain how results can be applied into practical food preparation and cooking.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Understand the assessment criteria for the technical demonstration. Make a range of suitable dishes showcasing technical skill, creativity and practice skills.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	exam
	<u>Autumn Term 2</u>	<u>Spring Term 2</u>	
7	<p>Develop analysis and evaluation skills and explain how findings will influence practical investigations.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Demonstrate a good understanding of ingredients and making processes. Work with confidence, independence and accuracy.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	



8	<p>Develop analysis and evaluation skills and explain how findings will influence practical investigations.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	
9	<p>Develop research skills to gather and use primary and secondary sources of information.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Work safely and hygienically at all times. Present dishes with a good level of technical skill and with a suitable level of finish and decoration for serving</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
10	<p>Develop research skills to gather and use primary and secondary sources of information.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Carry out sensory analysis of all the dishes to determine final choice of menu. Evaluate and determine the final menu dishes.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>



11	<p>Research, plan and carry out an investigation into the working characteristics, functional and chemical properties of ingredients.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Select suitable final dishes to make for the three-hour making session</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>
12	<p>Research, plan and carry out an investigation into the working characteristics, functional and chemical properties of ingredients.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>	<p>Produce a three-hour time plan that includes food safety. Justify reasons for choice of final dishes and menu with reference to skills, ingredients, nutrition, cooking methods, costs, provenance, sensory properties and portion size.</p> <p>PSHE – health and well being, life choices Numeracy – measuring, weighing, reading scales Careers – dietician, catering, hospitality</p>

Co-ordinator _____

Date _____