



**Practical:** Pupils will learn how to use a knife safely and confidently. They will learn the **bridge technique** and the **claw technique**. Student will peel, slice, dice and segment fruit to create a fruit salad. Linking to their theory knowledge of the Eatwell plate.

**Assessments**  
Fruit salad practical

## 2. Healthy eating

**Theory:** Pupils develop their understanding of the **eat well plate**. Pupils also learn about the importance of a **healthy balanced diet**.



## 1. Kitchen Safety and Hazards

Pupils develop an understanding of **health and safety** in a kitchen environment, they are able to **identify** potential hazards and risk factors.



Year 7

Half term 1

Half term 2



**Practical: Vegetable curry.** Pupils will practise knife safely and confidently. They will use the **bridge technique** and the **claw technique**. Pupils will learn the **reduction sauce** method.

**Low stakes tests**  
Pupils have a recall activity every theory lesson based on knowledge gained.



## 4. Taste testing

Half term 4

Half term 3

**Practical: Taste testing.** Pupils will taste test and evaluate cuisine from around the world. Focusing on the 5 senses and using sensory vocabulary.

**Theory:** Pupils will learn about the **5 senses** used when tasting food and drink.



Half term 5

Half term 6

## 3. Cooking

Pupils will be able to **apply** what they have learned in the **kitchen safety** and **hazards** to produce a series of dishes. Students will be able to use an **oven, hob** and **knives** competently and safely to **cook** a variety of dishes.

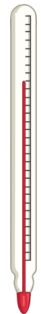
**Practical: Pizza.** Pupils will learn the **kneding method** making their own pizza dough. Pupils will learn how to use an oven safely.



## 5. The 4 C's



**Theory:** Pupils develop their understanding of Food poisoning, its causes and the symptoms. Pupils also learn the **4Cs - Cooking, Cleaning, Cooling and Cross-Contamination**.



## 6. Keeping food safe



**Theory:** Pupils will understand how and why we need to keep food safe. Pupils will be able to identify important food temperature and food storage facts. Pupils will know the



**Practical: Flapjack.** Pupils will learn the **melting method**. Pupils will practise using an oven and a hob.



**Assessment:**  
End of year test



**Practical: Cous Cous salad** Pupils will demonstrate their **bridge** knife skill, **claw** knife skill, **knife safety, food hygiene** and **food sanitation**.

**Theory:** Pupils will **reflect** honestly on their **kitchen practice**, knowledge and areas for development, so that identified **skills/techniques** can be improved upon in the year.

