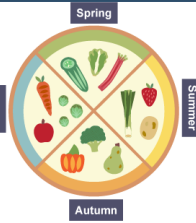


1. Kitchen Safety and Hazards

Pupils revise the importance of understanding and applying **health and safety** in a kitchen environment.



2. Seasonality

Theory: Pupils will learn how different food grow at different times of the year. Pupils will look at technology used to ensure food production can be all year round. Pupils will know the benefits of eating foods based on seasonality.

Practical: Pupils will recap knife skills. They will demonstrate the **bridge technique** and the **claw technique**. Student will peel, slice and dice fruit. They will create a cake mix using the **all in one method** to create an eve's pudding.



Year 8

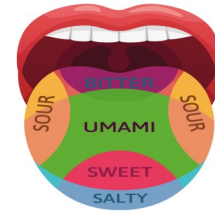
Half term 1

Half term 2

5. Food labels



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



4. Umami

Theory: Pupils will know and understand the **mandatory** information needed on food packaging. They will learn the difference between use by, sold by and best before. They will know the 14 common allergens and we will learn about Natasha's law. Pupils will understand and be able to use the GDA information on food packaging to be able to make informed choices.

Practical: Mac and Cheese. Pupils will demonstrate **grating, melting, boiling** and the **all in one method** to create Mac & Cheese. They will also demonstrate safe use of a **hob**.



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. They will learn how the body tastes the 5th sense, Umami.

Practical: Pupils will revisit the **kneading** and **proving method** making their own focaccia bread. They will explore seasonal foods they could add to the bread to add flavour. Pupils will demonstrate safe use of an oven.



Half term 5

Half term 6

Practical: Chocolate crispy cake. Pupils will use the **melting method** to create the crispy cakes and learn a **high level skill** of how to use a **Ban Marie** to melt chocolate. Pupils will focus on **presentation** when decoration is applied.



Assessments
Student will read food packaging and extract information.

Practical: Healthy noodle pot
Pupils will demonstrate their **bridge** knife skill, **claw** knife skill, **knife safety, food hygiene** and **food sanitation**.



Assessments
End of year test.



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.

