

Year 7

Autumn Term	Spring Term	Summer Term
<ol style="list-style-type: none">1. Learning about- The layout and rules of the kitchen, Seasonality, source of ingredients.2. Learning about- Eat well plate. Practical – Jam Jar Salad3. Learning about- Carbohydrates. Practical - Banana and Berry Breakfast muffins.4. Learning about- Fats Practical – Cheesecake.5. Learning about- Proteins Practical – Tomato Soup6. Learning about- Vitamins and Minerals. Practical – Chicken Chow Mein7. Learning about- Sauce Making Practical – Sausage pasta bake.8. Written assessment Practical – Fruit Smoothie and/or fruit salad.9. Practical Assessment Dish10. Own Choice		

Classes on a rotation and therefore the autumn, spring and summer terms teaching sequences may vary depending on the class students are in.

Year 8

Autumn Term	Spring Term	Summer Term
<ol style="list-style-type: none">1. Learning about- Eat well plate and healthy eating guidelines, composite foods, Teenagers diets and Food Waste.2. Learning about- Starchy foods and why we need energy. Practical – Pizza Swirls3. Learning about- Coagulation and Fats. Practical – Quiche4. Learning about- What different vitamins and minerals specifically do for our body and where we get them from. Practical – Fruit Pie with a lattice top5. Learning about- Gelatinisation and the macro and micro nutrients in Lasagne. Practical – Lasagne6. Learning about- Calcium and Vitamin D. Practical – Swiss Roll7. Written Assessment - Time Plan.8. Practical Assessment Dish- Own choice main course.9. Practical Assessment Dish– Own choice dessert.10. Gap fill		

Classes on a rotation and therefore the autumn, spring and summer terms teaching sequences may vary depending on the class students are in.

Year 9 –GCSE Food Preparation and Nutrition

Autumn Term	Spring Term	Summer Term
<p><u>Theory</u> Food nutrition and health –</p> <ul style="list-style-type: none"> • Proteins • Fats • Carbohydrates • Vitamins • Minerals and trace elements • Fibre and water • Healthy eating guidelines. • Nutritional needs of different age groups. • Diet related health problems. • Energy needs and nutritional analysis. • Planning meals for different groups. <p>Time Plans</p> <p><u>Practical-</u></p> <ul style="list-style-type: none"> • Cutting techniques – Soup. • Cake making methods- Swiss roll, flapjack, mini sponge cakes and scones. • Pastry making- Shortcrust pastry - Chicken pie Sweet crust pastry Lemon tart. Rough puff pastry – Sausage rolls Filo pastry – samosas with dip • Sweet dough – Chelsea buns. • Sauce making – 	<p><u>Theory</u> The science of food-</p> <ul style="list-style-type: none"> • Why food is cooked? • Heat transfer • Cooking method (water based/ fat based/ dry etc.) • Changing properties in proteins, carbohydrates, fats & oils etc. • Raising agents. <p><u>Practical-</u></p> <ul style="list-style-type: none"> • Portioning a chicken – seasoned chicken and rice with beans. • Filleting a fish – Fish pie. • Cooking methods: <ol style="list-style-type: none"> 1. Baking – custard tart. 2. Poaching – pear and chocolate upside down cake. 3. Stewing & simmering – apple crumble and fresh custard. 4. Stir-frying – stir fry and mini flat breads. 5. Grilling – Chicken skewers and couscous salad. • Own choice assessment dishes. 	<p><u>Theory</u> The science of food-</p> <ul style="list-style-type: none"> • Changing properties in proteins, carbohydrates, fats & oils etc. Mock coursework on experiments carried out. • Uses of microorganisms. <p>Food Spoilage –</p> <ul style="list-style-type: none"> • Storing food safely. • Preparing food safely. • Food poisoning <p>End of year test.</p> <p><u>Practical-</u></p> <ul style="list-style-type: none"> • Science experiments exploring the Changing properties in proteins, carbohydrates, fats & oils etc. • Choux pastry – choux buns. • Own choice of dishes which are suitable for different dietary needs i.e. vegan, vegetarian, lactose free, gluten free etc.

<p>Meatballs and marinara sauce & mini garlic breads.</p> <ul style="list-style-type: none"> • Own choice assessment dishes. 		
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Year 10- BTEC Hospitality and Catering level 1/2 award

Autumn Term	Spring Term	Summer Term
<p><u>Theory</u> The Hospitality and Catering industry-</p> <ul style="list-style-type: none"> • Different types of establishments and contract caterers. • Types of bedroom accommodation and ratings. • Organisation of the kitchen and Job roles & responsibilities. • Qualifications, working conditions and contract types. • Factors affecting success, costing, profit and portion control. <p><u>Practical-</u></p> <ul style="list-style-type: none"> • Cutting techniques – Soup. • Cake making methods- Swiss roll, flapjack, mini sponge cakes and scones. • Pastry making- Chicken pie. • Sweet dough – 	<p><u>Theory</u> The Hospitality and Catering industry-</p> <ul style="list-style-type: none"> • Economy, the environment and conserving energy. <p>Hospitality operations –</p> <ul style="list-style-type: none"> • Kitchen operations and equipment. • Stock control and record keeping. • Front of house operations, safety & security and customer requirements. <p>Health & Safety –</p> <ul style="list-style-type: none"> • Rights and responsibilities and legislation. <p><u>Practical-</u></p> <ul style="list-style-type: none"> • Sauce making – Meatballs and marinara sauce & mini garlic breads. • Portioning a chicken – seasoned chicken and rice with beans. 	<p><u>Theory</u> Food safety-</p> <ul style="list-style-type: none"> • Food which causes ill health. • Role of EHO and food legislation. • Food poisoning and symptoms. <p>Written Examination</p> <p><u>Practical-</u> Coursework preparation.</p> <ul style="list-style-type: none"> • Own choice of dishes which are suitable for different dietary needs i.e. vegan, vegetarian, lactose free, gluten free etc. • Own choice of dishes which are suitable for different age groups i.e. children, elderly.

<p>Chelsea buns.</p> <ul style="list-style-type: none"> • Own choice assessment dishes. 	<ul style="list-style-type: none"> • Filleting a fish – Fish pie. • Own choice assessment dishes. 	
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Year 11- BTEC Hospitality and Catering level 1/2 award

Autumn Term	Spring Term	Summer Term
<p><u>Theory</u> Understand the importance of nutrition when planning menus</p> <ul style="list-style-type: none"> • Function of nutrients in the human body. • Different nutritional needs of specific groups i.e. life stages/ special diets etc. • The uncharacteristic of unsatisfactory nutritional intake. • How cooking methods impact on nutritional value. <p>Understanding menu planning</p> <ul style="list-style-type: none"> • Explaining factors to consider when proposing dishes for menus. <p>Time plan</p> <p><u>Practical-</u></p> <ul style="list-style-type: none"> • Cooking methods: <ol style="list-style-type: none"> 1. Baking – custard tart. 2. Poaching – pear and chocolate upside down cake. 3. Stewing & simmering – apple crumble and fresh custard. 4. Stir-frying – stir fry and mini flat breads. 	<p><u>Theory</u> Understanding menu planning</p> <ul style="list-style-type: none"> • How dishes on a menu address environmental issues. • How dishes meet customer needs. <p>Time plan</p> <p>Internal assessment</p> <p><u>Practical-</u> Practical exam practice and final 3 hour examination.</p>	<p><u>Theory</u></p> <ul style="list-style-type: none"> • Revisit exam topic for those resitting examination.

<p>5. Grilling – Chicken skewers and couscous salad.</p> <ul style="list-style-type: none">• Decorating – Choux pastry – choux buns. Curry & side dishes.• Two course meal ideas:<ol style="list-style-type: none">1. Chocolate mousse and short bread.2. Fresh pasta dish.• Own choice assessment dishes.		
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