

YEAR 7	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9
Lesson Content	Intro to subject-routines, books, expectation Baseline test	Kitchen tour and routines. Washing up training	PRACTICAL: HOT CHOCOLATE Key skills: routines, safe use of hob, washing up	Sensory analysis-smoothies	PRACTICAL: SMOOTHIES Key skills: fruit prep, using electric equipment	Knife skills-carrots (practical activity in theory room- WNT to sort 'travel bag' of equipment)	PRACTICAL: HEALTHY SALAD Key skills: knife skills, mixing, dressing	Fruit theory-categories, nutrition, uses	PRACTICAL: FRUITY MUFFINS Key skills: safe use of oven, mixing, shaping, baking
Homework	HW1- key word spellings	HW2- washing up and routines review sheet		HW3- Smoothie design sheet		HW4- knife safety		HW5- fruity muffins design sheet	
Marking and feedback	Peer mark baseline test	Verbal feedback	Teacher written feedback of HW2	Whole class feedback from previous lesson	Verbal feedback	Whole class feedback from previous lesson	Verbal feedback	Teacher written feedback of HW4	Verbal feedback
Topic area/KS4 links	Health and safety Nutrition	Health and safety Practical skills Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Nutrition Food commodities Food science Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Nutrition Food commodities	Health and safety Nutrition Practical skills Hosp and Catering link

	Lesson 10	Lesson 11	Lesson 12	Lesson 13	Lesson 14	Lesson 15	Lesson 16	Lesson 17	Lesson 18
Lesson Content	Diet and Eatwell Guide	PRACTICAL: FILLED WRAPS Key skills: safe use of hob, knife skills, assembly, flavour combinations	Food provenance- where food comes from, farming types	PRACTICAL: PIZZA WHEELS Key skills: safe oven use, making dough, rolling out, shaping	Theory test	PRACTICAL: OATY COOKIES Key skills: safe use of oven, creaming method, shaping, baking	Planning end of year assessment dish	PRACTICAL: OWN CHOICE DISH TO A BRIEF Dish should include: knife skills, use of hob and/or oven, shaping	Practical assessment evaluation and feedback
Homework	HW6- Daily diet of a teenager		HW7- Revision for end of year theory test				HW8- complete time plan for chosen dish		
Marking and feedback	Whole class feedback from previous practical	Verbal feedback	Self marking of food provenance questions Peer mark HW6	Verbal feedback	Teacher written feedback	Verbal feedback		Teacher written feedback	
Topic area/KS4 links	Nutrition Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Food provenance Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Nutrition Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Health and safety Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Nutrition Practical skills Hosp and Catering link

YEAR 8	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9
Lesson Content	Intro and expectations/ books Macro-nutrients theory	PRACTICAL: SALAD IN A JAR	Vegetables theory-categories, uses, nutrition	PRACTICAL: CHEESE AND POTATO PIE	Fish theory-categories, nutrition, sustainable practices	PRACTICAL: FISH FINGERS OR FISH CAKES	Food waste and food labelling	PRACTICAL: MINI CARROT CAKES	Raising agents-types, uses, how they work
Homework	HW1- key word spelling test		HW2- nutritional impact of veg in diet- easy switches		HW3- recipe research		HW4- food waste menu		HW5- practical skills review
Marking and feedback	Self-marking spelling test	Verbal feedback	Whole class feedback on first practical	Verbal feedback	Teacher written feedback HW2	Verbal feedback	Whole class feedback	Verbal feedback	Teacher written feedback- CW
Topic area/KS4 links	Nutrition Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Nutrition Food commodities Food provenance Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Nutrition Food commodities Food provenance Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Nutrition Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Food commodities Food science Hosp and Catering link

	Lesson 10	Lesson 11	Lesson 12	Lesson 13	Lesson 14	Lesson 15	Lesson 16	Lesson 17	Lesson 18
Lesson Content	PRACTICAL: IRISH SODA BREAD	Heat transfer- conduction, convection, radiation	PRACTICAL: PASTA BAKE	Rice and oats theory- structure, nutrition, different farming methods	PRACTICAL: SAVOURY RICE	Theory test	Planning end of year assessment dish	PRACTICAL: OWN CHOICE DISH TO A BRIEF	Practical assessment evaluation and feedback
Homework		HW6- conduction/ convection diagrams		HW7- revision for theory test			HW8- complete time plan for chosen dish		
Marking and feedback	Verbal feedback	Whole class feedback	Verbal feedback	Teacher written feedback CW Peer assessment HW6	Verbal feedback	Teacher written feedback		Teacher written feedback	
Topic areas/ KS4 links	Health and safety Practical skills Hosp and Catering link	Health and safety Food science Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Nutrition Food commodities Food provenance	Health and safety Practical skills Hosp and Catering link	Health and safety Nutrition Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Nutrition Practical skills Hosp and Catering link

YEAR 9	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9
Lesson Content	Routines and expectations recap/books Food poisoning and contamination	PRACTICAL: SWEET AND SOUR CHICKEN	Micro-nutrients	PRACTICAL: TOMATO AND BASIL TARTS	Nutritional needs at different life stages	PRACTICAL: CHEESE AND ONION ROLLS	Sensory testing methods	PRACTICAL: CALZONE	Nutritional analysis-computer room needed
Homework	HW1- key word spelling test		HW2- high vitamin/mineral dish design		HW3- detailed profile of chosen population group		HW4- star profile of dish		HW5- design a food label
Marking and feedback	Self-marking spelling test	Verbal feedback	Whole class feedback on first practical	Verbal feedback	Teacher written feedback HW2	Verbal feedback	Whole class feedback	Verbal feedback	Teacher written feedback- CW
Topic area/KS4 links	Health and safety	Health and safety Practical skills Hosp and Catering link	Nutrition Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Nutrition Food science Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Nutrition Food science Hosp and Catering link

	Lesson 10	Lesson 11	Lesson 12	Lesson 13	Lesson 14	Lesson 15	Lesson 16	Lesson 17	Lesson 18
Lesson Content	PRACTICAL: Enchiladas	Milk and dairy theory- nutrition, types, alternatives	PRACTICAL: CHEESECAKE	Pastry theory	PRACTICAL: PUFF PASTRY FRUIT TARTS	Theory test	Planning end of year assessment dish	PRACTICAL: OWN CHOICE DISH TO A BRIEF	Practical assessment evaluation and feedback
Homework		HW6- milk alternatives recipe research		HW7- revision for theory test			HW8- complete time plan for chosen dish		
Marking and feedback	Verbal feedback	Whole class feedback	Verbal feedback	Teacher written feedback CW Peer assessment HW6	Verbal feedback	Teacher written feedback		Teacher written feedback	
Topic area/KS4 links	Health and safety Practical skills Hosp and Catering link	Nutrition Food provenance Hosp and Catering link	Health and safety Practical skills Hosp and Catering link	Nutrition Food provenance Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Health and safety Nutrition Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Health and safety Nutrition Practical skills Hosp and Catering link	Nutrition Practical skills Hosp and Catering link