

Year 7 SOL - Food and Cooking

Introduction

This scheme of work has been developed to enable pupils to acquire a range of food skills, increasing in complexity and accuracy, to cook a range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance

Aims

- Pupils will acquire and demonstrate the principles of food hygiene and safety.
- Pupils will develop their knowledge and understanding of ingredients and healthy eating.
- Pupils will develop their knowledge food provenance.
- Pupils will acquire and demonstrate food preparation and cooking techniques.
- Pupils will develop their knowledge of consumer food and drink choice.
- Pupils will apply their knowledge to make informed choices.
- Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently.

Term 1		Term 2		Term 3	
<p style="text-align: center;"><u>Theory</u></p> <p>1. Introduction to kitchen layout and basic health & safety.</p> <p style="text-align: center;"><u>Big Question</u> What are the basic principles of food safety and hygiene? - Theory</p> <p>2. Basic principles of Eat Well Guide.</p> <p>3. Commodities - Carbohydrates</p>	<p style="text-align: center;"><u>Practical</u></p> <p>1. Demonstration - Deli Salad</p> <p>2. Cook - Deli Salad</p> <p>3. Demonstration - Vegetable Soup</p>	<p style="text-align: center;"><u>Theory</u></p> <p>1. Commodities - Dairy.</p> <p>2. Commodities - Protein.</p> <p>3. Food Choice 1 - lifestyle and culture.</p> <p style="text-align: center;"><u>Big Question</u> What are the key principles of the Eat Well Guide? - Theory</p>	<p style="text-align: center;"><u>Practical</u></p> <p>1. Cook - Vegetable Soup</p> <p>2. Demonstration - Savoury Crumble</p> <p>3. Cook - Savoury Crumble</p>	<p style="text-align: center;"><u>Theory</u></p> <p>1. Food Choice 2 - lifestyle and culture.</p> <p>2. Product Analysis of Muffins.</p> <p>3. Design a savoury/sweet muffin to a brief.</p>	<p style="text-align: center;"><u>Practical</u></p> <p>1. Demonstration - Pizza Scones</p> <p>2. Cook - Pizza Muffins</p> <p>3. Demonstration - Muffins - Savoury/Sweet</p> <p style="text-align: center;">Summative Assessment - Practical</p>

Year 8 SOL - Diet & Health

Introduction

This scheme of work has been developed to enable pupils to develop and demonstrate a range of food skills, increasing in complexity and accuracy, to cook a range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance. In addition, they will consider the factors that affect food choice, food availability and food waste.

Aims

- Pupils will deepen their knowledge and understanding of food and nutrition.
- Pupils will deepen their knowledge food provenance.
- Pupils will further develop their food skills and techniques.
- Pupils will further develop and demonstrate the principles of food hygiene and safety.
- Pupils will deepen and apply their knowledge of consumer food and drink choice.
- Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently.
- Pupils will evaluate and test their ideas and the work of others.

Term 1		Term 2		Term 3	
<p><u>Theory</u></p> <p>1. Recall the principles of the Eat Well Guide.</p> <p><u>Big Question</u> What is energy and how do needs change throughout life? - Theory</p> <p>2. Explain energy and how needs change through life.</p> <p>3. Seasonality and food waste.</p>	<p><u>Practical</u></p> <p>1. Demonstration - Savoury Rice</p> <p>2. Cook - Savoury Rice</p> <p>3. Demonstration - Mini Carrot Cakes</p> <p><u>Big Question</u> What are the functions of nutrients? - Theory & Practical</p>	<p><u>Theory</u></p> <p>1. Micronutrients</p> <p>2. Food Choice</p> <p>3. Plan a healthier Menu</p> <p><u>Big Question</u> Why are macronutrients and micronutrients important for health?</p>	<p><u>Practical</u></p> <p>1. Cook - Mini Carrot Cakes</p> <p>2. Demonstration - Tuna/Bacon Pasta Bake</p> <p>3. Cook - Tuna/Bacon Pasta Bake</p>	<p><u>Theory</u></p> <p>1. Continue - Plan a healthier Menu</p> <p><u>Big Question</u> How do you adapt recipes to plan healthier meals?</p> <p>2. Food Waste</p> <p>3. Evaluation of practical work.</p>	<p><u>Practical</u></p> <p>1. Demonstration - Focaccia</p> <p>2. Cook - Focaccia</p> <p>3. Demonstration - Fajitas</p> <p>Summative Assessment - Practical</p>

Year 9 SOL - Making Food Choices

Introduction

This scheme of work has been developed to enable pupils to secure and demonstrate a range of food skills, increasing in complexity and accuracy, to cook a wider range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance. In addition, they will consider consumer issues, food and its functions and new trends in food.

Aims

- Pupils will extend their knowledge and understanding of food, diet and health.
- Pupils will extend food preparation and cooking techniques.
- Pupils will extend their knowledge of food provenance and consumer information.
- Pupils will extend and apply their knowledge of consumer food and drink choice.
- Pupils will secure the creative, technical and practical expertise needed to perform everyday tasks confidently.
- Pupils will build and apply an expanding repertoire of knowledge, understanding and skills in order to create and make high quality dishes for a wide range of people.
- Pupils will evaluate and test their ideas and the work of others, and make recommendations for improvements.

Term 1		Term 2		Term 3	
<p><u>Theory</u></p> <ol style="list-style-type: none"> 1. Refresher of the principles of the Eat Well Guide. 2. Dietary related health issues. 3. Dietary needs of children and young people. <p><u>Big Question</u> How does the Eat Well Guide and the nutrient groups support a healthy lifestyle.</p>	<p><u>Practical</u></p> <ol style="list-style-type: none"> 1. Demonstration - Mushroom or Bacon Risotto 2. Cook - Bacon or Mushroom Risotto 3. Demonstration - Cottage Pie 	<p><u>Theory</u></p> <ol style="list-style-type: none"> 1. Special Diets - food allergens, intolerances, religious/cultural needs, ethics. 2. Food guidance and quality. 3. Characteristics of ingredients and different cooking methods. <p><u>Big Question</u> Why do some groups have special dietary needs ?</p>	<p><u>Practical</u></p> <ol style="list-style-type: none"> 1. Cook - Cottage Pie 2. Demonstration - Samosas 3. Cook - Samosas 	<p><u>Theory</u></p> <ol style="list-style-type: none"> 1. Food Choice - lifestyle and culture. 2. Festival Project - Planning and preparing food for a festival. <p><u>Big Question</u> What is meant by food choice?</p>	<p><u>Practical</u></p> <ol style="list-style-type: none"> 1. Demonstration - Quiche 2. Cook -Quiche 3. Cook - Festival Food <p>Summative Assessment - Practical</p>