

Sir Thomas Boughy 2018/19

Food and Cookery

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / topics	Basic food preparation and hygiene	Balanced diets	Safe use of equipment in the kitchen	Making healthier choices	Reducing food waste	Food groups
Skills	Healthy and safety in the kitchen, naming equipment, washing up correctly, use of knife skills and cutting methods (bridge and claw)	Eatwell guide, eating a rainbow, how the body uses nutrients	Developing knife skills, use of the oven and hob, working safely with high risk foods, e.g. Egg	Different cooking methods and which is healthier, Eatwell guide, alternatives to ensure a healthy diet	What is food waste, how much do we waste as a family, what can we do with our "leftovers"?	Identify the different food groups, foods for each group
Assessments / PPEs	Potato Wedges	Crunchy Coleslaw	Omelette	Vegetable couscous	Apple crumble	End of Year review

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / topics	Understanding where our food comes from	Bread	Food choices / Special diets	Healthy eating	Working with high risk foods	Seasonal Foods
Skills	Different cuts of meat, importance of using local produce	Use of yeast in dough, proving dough, shaping dough	Consider different diets such as vegetarian, lactose intolerant	Importance of healthy eating for our bodies, food groups, how nutrients are used within the body, use of herbs / spices to add flavour	Storing of high risk foods, cooking high risk foods, reheating high risk foods	Knowing which foods are in season when, why use foods in season, food miles
Assessments / PPEs	Meatballs	Pizza	Vegetable pastry tart	Spicy pasta salad	Chicken curry	End of Year review

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / topics	Course induction	Safe working practises	Cooking skills	Food groups	Factors affecting choice of food	Adapting recipes
Skills	Basic practical skills, organisational skills when preparing and cooking food, implementation of safe and hygienic practises	Hazards within a kitchen, safe hygiene requirements, food storage, risk assessments, cross-contamination, burns and scalds	Measuring, peeling, chopping, sautéing, boiling, simmering	Carbohydrates, Protein, Fats, Vitamins and Minerals, sources of the different food groups, how the body uses the nutrients	Consideration of certain factors such as seasonality of fruit and vegetables, free range, local produce	Ability to work independently to adapt recipes to suit a brief. E.g. - healthy and nutritious
Assessments / PPEs	Practical assessment	End of unit assessment	Practical assessment	End of unit assessment	End of unit assessment	Practical assessment

Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / topics	Revisit safe working practises	Cooking utensils and equipment	Developing cooking skills	Assessing potential risks and hazards	Main food groups and special diets	Social, Environmental, Cost and Sensory factors
Skills	Hazards within a kitchen, safe hygiene requirements, food storage, risk assessments, cross-contamination, burns and scalds	Naming utensils and equipment within the kitchen, how each is used, how it is cleaned and stored safely	Weighing, measuring, creaming, rubbing in, baking stir frying, grilling, shallow frying, steaming, poaching, sauce making	Use of high risk foods, storage of foods, awareness of risks with certain foods	Main food groups, use of the Eatwell Guide, consideration of special diets, sources of main food groups	Cultural, local produce, Fairtrade, food miles, organic, use of pesticides, brands, taste, texture, appearance, smell
Assessments / PPEs	End of unit assessment	End of unit assessment	Practical assessment	Assessment Unit 1 - 1st attempt	End of unit assessment	Assessment Unit 1 - 2nd attempt

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content / topics	Seasonality of food	Balanced diets and nutritional information	Healthy eating	Preparation for Unit 4	REVISION FOR UNIT 3	N/A
Skills	Food availability, when certain foods are in season, benefits of using foods in season, impact of importing foods	Names of nutrients, dietary fibre, main sources, functions, effects of deficiency, nutrient requirements for different groups of people	Nutritional information, food labels, advice we are given from the government, adapting recipes to make healthier	Respond to brief set by exam board, research and plan dishes, cook, evaluate	Unit 3 - Balanced diets - External Assessment - 2 hours	N/A
Assessments / PPEs	Assessment Unit 2 - 1st attempt	End of unit assessment	End of unit assessment	Assessment Unit 4 - 1st attempt	Assessment Unit 2 - 2nd attempt	N/A
					Assessment Unit 4 - 2nd attempt	