

<b>Subject:</b> <b>Food</b> <b>Nutrition</b>	<p>Pupils rotate every 13 weeks -</p>
<b>Year 7</b>	<p>1 All lessons include, weighing, measuring, timing, following a recipe, nutrition, TRAFFIC how to improve the skills to include more nutrition.</p> <ul style="list-style-type: none"> <li>▪ Health and safety in the kitchen Hygiene in the kitchen and how to stay safe and keep others safe Knife Safety – Knife skills test demonstrating the bridge and claw to produce knife cuts that can be used in various dishes</li> <li>▪ Fruit salad – Seasonal produce, air miles, carbon footprint, local produce, climate. Tins V fresh, oxidation, knife skills vitamins, fibre and portion control</li> <li>▪ Pasta salad – hob safety, boiling, draining, carbohydrates and 5 a day, healthy eating, fine knife skills, refreshing and presentation, garnish.</li> <li>▪ Savoury Scones- rubbing in method, portion control, links to calcium, oven use and safety, using cutters and considering a glaze.</li> <li>▪ Apple crumble – rubbing in method, knife skills, seasonal foods, air miles, hob use, simmer, combining components, timing, caramelisation.</li> <li>▪ Cous cous- wheat- kettle use, fine knife skills, staple food, fibre, dressing chicken and high risk foods, salmonella, food poisoning and cross contamination</li> <li>▪ Cupcake challenge -Assessment- to demonstrate independent working, creaming method- cupcakes, portion control and adapting the recipe</li> <li>▪ Bolognaise – high risk food, developing dishes, fine knife skills, bacteria cooking meat, high risk foods, hazards and coagulation, denaturation- breaking down, frying and simmering.</li> <li>• Healthy Chicken kebabs and dip, raw chicken, oven or grill use, portion size, high risk food, salmonella and food poisoning</li> <li>• Types of pastry- pizza swirls, puff pastry use, rolling, grating, knife skills and baking, convenience foods and how to advise on balanced diet</li> <li>• Macaroni cheese – roux, béchamel, boil, simmer, gratin, grill, filling staple food carbohydrates and calcium</li> <li>• Science experiment- fruit creation to encourage children to eat 5 a day, presentation and garnish – enzymic browning</li> <li>• Multicultural Healthy savoury assessment – mince based product, (lamb, beef, Quorn, chicken, pork) assessment independent working, preparation, cook and presenting skills</li> </ul>

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	<p>1 All lessons include , weighing , measuring, timing, following a recipe, nutrition , TRAFFIC how to improve the skills/ recipe/ dish/ nutrition ,</p> <p><b>Year 8</b> Depending how long the rotation is – the dishes may be altered or adapted due to time table but a range of multicultural dishes will be covered</p> <ul style="list-style-type: none"> <li>▪ Recap on H&amp;S Hygiene Bread production, weigh measure, nutritional, fibre, what makes Yeast grow, kneading shaping baking,</li> <li>• Produce a batch of burritos using high risk food, alternative proteins, 5 a day, hob use and gratinate wraps</li> <li>• Chicken chow Mein- knife skills and use of raw chicken, boil, simmer, absorb and fine knife skills</li> <li>• Bakewell slice, creaming method, layering, vitamin c, protein, texture, function of ingredients, baking, cooking times and testing cakes</li> <li>Oven use</li> <li>• Bread challenge, pizza and garlic bread- increasing skills to develop 2 dishes in 1 lesson, knead, roll, shape and top</li> <li>• Mince plate pie- develop pastry making and filling to produce a baked main course using high risk food</li> <li>• Diet coke chicken- skills include, fine knife skills, simmering, reduce, thickening agent</li> <li>• Cheesecake –understanding the importance of presentation, whisking, piping, decorating, chilled dessert –formative assessment</li> <li>• Hot pasta dish with a fresh tomato sauce knife skills, boil, simmer,blend,combine</li> <li>• Victoria sponge with piped cream</li> <li>• Science experiment – peer work, investigating the function of ingredients and what they do in recipes , oven use , sampling and taste test</li> </ul>

	<ul style="list-style-type: none"> <li>• Savoury assessment – summative- producing a dish independently, preparing, cooking and serving including presentation. Knife skills and cooker and hob use demonstrated correctly using H&amp;S</li> <li>▪ Dessert- research , prepare cook and serve a dessert, using the skills that you have used during the rotation</li> </ul>
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<b>Subject: Food Nutrition</b>	<b>Pupils rotate every 13 weeks - Multicultural foods – meeting the needs of others</b>
<b>Year 9</b>	<p>. 1 All lessons include , weighing , measuring, timing, following a recipe, nutrition , TRAFFIC how to improve the skills/ recipe/ dish/ nutrition ,</p> <p>Depending how long the rotation is – the dishes may be altered or adapted due to time table but a range of multicultural dishes will be covered</p> <ul style="list-style-type: none"> <li>• Recap H&amp;S weigh measure skills- produce a bread based product , adapted to meet a high skilled dish, Fermentation vs unlevered , accompaniments Practical skills within the kitchen identifying sensory words, healthy eating, improvements and scientific words if used - Flat breads or similar- unlevered bread product to enable accompaniments to be produced with dishes and increase skills</li> <li>• Swiss roll, top tips, whisking method, oven use and testing products, how to improve the dish by expanding the basic Swiss roll</li> <li>• Cottage pie, 2 component- thickening sauce, producing own gravy, boil, knife skills, high risk food, bake and gratinate</li> <li>• Bake well tart, allergies, pastry making, rolling, lining tins, creaming method, baking, knife test, meeting the needs of others, suitability of dishes and the function of ingredients</li> <li>• Lasagne, roux, béchamel, meat based sauce, layering, baking, gratinate, protein, growth and repair, use of carbohydrates, tomatoes providing vitamin c</li> <li>• Curry and naan , high risk food, chicken prep, cooking, bread products, accompaniments – developing and increasing skills</li> </ul>

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