



Overview	<p>Pupils learn a wide range of practical and organisational skills enabling them to produce high-quality food products which meet nutritional targets and promote good health.</p> <p>Pupils will work with a range of foods to experience first-hand the working characteristics and processing techniques used when making food products. As well as developing a sound knowledge and a wide range of practical skills, there will be opportunities for investigation of recipe ideas, experimentation, testing and exploration.</p>
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Autumn Term	<p>Unit 1: Introduction to the subject: developing a foundation in the subject knowledge and practical skills. Food hygiene and safety. Basic practical skills. Emulsification and organic foods. Introduction to nutrition (Eatwell Guide).</p> <p>Practical sessions (developing skills):</p> <ul style="list-style-type: none"> ■ Tortilla triangles – bridge and claw method ■ Couscous salad – weigh and measure, use of equipment, bridge and claw method, peel, crush & grate vegetables, judge and modify sensory properties ■ Fruit crumble – using the oven, weigh and measure, knife skills, use of chemical raising agents 	Assessment
		<ul style="list-style-type: none"> ■ Frequent verbal feedback ■ Baseline test ■ End of unit 1 – multiple choice ■ Written communication and literacy skills question ■ Practical assessment ■ EDSA Food and Nutrition Grid

Spring Term	<p>Unit 2: Bacteria and meat safety knowledge and application in a practical setting. Temperature control. Macronutrients with a focus on carbohydrates and energy balance.</p> <p>Practical sessions (developing skills):</p> <ul style="list-style-type: none"> ■ Chicken wings – meat knife skills, using the oven, prepare ingredients and equipment – oil baking tray, tenderise and marinade, test for readiness – temperature probe ■ Oaty biscuits – cooking methods – simmering, weigh and measure, prepare equipment – oil tray, use of chemical raising agents ■ Puff pastry tart – shaping and finishing – rolling out pastry and scoring a border, judge and modify sensory properties, using the oven, knife skills 	Assessment
		<ul style="list-style-type: none"> ■ All formative assessment ■ Frequent verbal feedback ■ Practical assessment ■ EDSA Food and Nutrition Grid

Summer Term	<p>Unit 3: Exploring macronutrients in depth. Application of knowledge in a practical setting. Macronutrients with a focus on protein. Vegetarianism & food choice.</p> <p>Practical sessions (developing skills):</p> <ul style="list-style-type: none"> ■ Dhaal – knife skills, use of electrical equipment – stick blender, cooking methods – boiling and simmering, testing for readiness, weigh and measure, select and adjust cooking times ■ Honey Soy chicken – weigh and measure, tenderise and marinade, meat knife skills, cooking methods – stir frying, test for readiness – meat thermometer, ■ Chilli sin carne – reduction sauce, weigh and measure, test for readiness, judge and modify sensory properties, knife skills, using the oven, cooking methods – boiling and simmering & frying 	Assessment
		<ul style="list-style-type: none"> ■ Frequent verbal feedback ■ EDSA Food and Nutrition Grid ■ Review of Baseline test ■ Practical assessment

Useful Resources for Supporting Your Child at Home:	Homework:
<p>Teams – all recipes will be posted on the Food and Nutrition Team at least a week in advance. Recipe allergy information is on the school website.</p>	<p>Pupils are required to organise their own ingredients and suitable container in preparation for each practical lesson. Revision for end of unit tests – all revision resources required will be posted on Teams.</p>