



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.</p> <p><u>Practical sessions (developing skills):</u></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/ cobbler – using the oven, weigh and measure, knife skills, use of chemical raising agents 	Assessment
		<ul style="list-style-type: none"> ■ Baseline test ■ End of unit 1 – multiple choice ■ Written communication ■ Literacy skills question ■ Practical assessment

Spring Term	<p>Unit 2: Bacteria and meat safety knowledge and application in a practical setting. Temperature control.</p> <p><u>Practical sessions (developing skills):</u></p> <ul style="list-style-type: none"> ■ Nuggets – prepare, combine and shape, meat knife skills, using the oven, prepare ingredients and equipment – oil baking tray, test for readiness – temperature probe, setting mixtures – use of egg to bind breadcrumbs ■ 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 boarder, judge and modify sensory properties, using the oven, knife skills 	Assessment
		<ul style="list-style-type: none"> ■ Written communication ■ Literacy skills question ■ Practical assessment

Summer Term	<p>Unit 3: Exploring macronutrients in depth. Application of knowledge in a practical setting. Focus on protein. Vegetarianism & food choice.</p> <p><u>Practical sessions (developing skills):</u></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, ■ Vegetarian chilli – Scrunchadillas – 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"> ■ Review of Baseline test ■ Written communication ■ Literacy skills question ■ Practical assessment

Useful Resources for Supporting Your Child at Home:	Homework:
<ul style="list-style-type: none"> ■ 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. 	<ul style="list-style-type: none"> ■ 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.