



Number of weeks 22	Content of the unit	Assumed prior learning (tested at the beginning of the unit)
1 lesson a fortnight	This scheme of work has been developed to prepare year 8 students to gain acquired knowledge in the following areas; <ol style="list-style-type: none"> 1. Nutrition 2. Health and Safety in the cooking environment 3. Basic cooking skills 4. Preparation for GCSE FPN 	Based on Year 7 Cooking lessons pupils would have some understanding of food and nutrition.
Assessment points and tasks	Written feedback points	Learning Outcomes (tested at the end and related to subject competences)
Self/Peer Assessment	Evaluated by outcome	Working towards GCSE Food Preparation & Nutrition



Lesson	Clear learning intentions	Clear success criteria	Hook	Presentation of content	Guided practice	Independent practice (homework)	Closure
1.	<p>Balanced diet KQ: Do you have a balanced diet? <i>Seating plan</i></p>	<p>All: To list foods in your diet and compare it to the Eatwell Guidelines Most: To suggest a range of changes you could make to your diet Some: To explain how changes to your diet could improve your health</p>	What is a balanced diet?	Booklet PPT	<p>Activity 1 – Record everything you ate and drank yesterday. Describe what you ate in as much detail as possible (e.g. 2 slices white toast with butter and tea with milk and sugar)</p> <p>Activity 2 – How could you make your diet fit better with the Eatwell Guide model? Think of 3 changes you could make!</p> <p>Activity 3 – Explain how Fatima’s diet meets the advice of The Eatwell Guide.</p> <p>Task 4 - Explain 3 changes that Fatima’s could make to her diet to better meet guidance in The Eatwell Guide.</p> <p>Extension: Explain the meaning of the term balanced diet and the importance a balanced diet has on a person’s health. Give examples of nutrients, food groups and health implications in your answer.</p>	Ingredients for Chickpea Curry	Self /Peer Assessment
2.	<p>Practical – Chickpea Curry LO: To demonstrate safe use of the hob when making a curry Skills: Hob control, knife skills</p>	<p>All: Requires support to safely use the hob, when producing an outcome Most: Safely uses the hob independently to produce an outcome Some: Safely uses the hob independently to produce a successful outcome</p>	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Chickpea Curry PPT Cooking Equipment & Utensils	Following order of work for successful outcome using safe hob control, knife skills, seasoning	Ingredients for Marble Cake	Evaluation by outcome



3.	<p>Practical – Marble Cake LO: To demonstrate accurate weighing and measuring when making a marble cake Skills: Creaming method, weighing, baking</p>	<p>All: Limited accuracy in weighing resulting in an unsuccessful outcome Most: Some accuracy in weighing and measuring, resulting in an outcome Some: Accurate weighing and measuring, resulting in a fluffy, well-risen outcome</p>	<p>Personal hygiene, equipment and ingredients preparation for practical lesson</p>	<p>Demonstrate – Chickpea Curry PPT Cooking Equipment & Utensils</p>	<p>Following order of work for successful outcome by weighing ingredients accurately</p>	N/A	<p>Evaluation by outcome</p>
4.	<p>Micronutrient KQ: How do nutrients help us to stay healthy?</p>	<p>All: Be able to identify all Macro Nutrients Most: Be able to identify all Macro Nutrients and 3 Micro Nutrients Some: Be able to identify all Macro Nutrients and 3 Micro Nutrients, including their functions</p>	<p>What are nutrients? True/False questions</p>	<p>Booklet PPT Video</p>	<p>Activity 1 – Complete the diagram List 5 nutrients and describe their job in our body. Activity 2 – Use the word bank to fill in the blanks Activity 3 – Explain how Fatima’s diet meets the advice of The Eatwell Guide. Task 3 - Use the information from the PowerPoint to complete the table below Extension: Create a poster to encourage teenagers to consume more fruits and vegetables</p>	<p>Ingredients for Stir Fry</p>	
5.	<p>Practical – Stir Fry LO: To demonstrate accuracy in chopping when making Stir Fry Skills: Julienne, Hob Control</p>	<p>All: Prepares limited ingredients with support Inaccuracy in size and shape Most: Independently prepares limited ingredients using safe holds Some accuracy in size and shape Some: Prepares range of ingredients using safe holds. Consistent accuracy in shape and size</p>	<p>Personal hygiene, equipment and ingredients preparation for practical lesson</p>	<p>Demonstrate – Stir Fry – Julienne cut PPT Cooking Equipment & Utensils</p>	<p>Following order of work for successful outcome by slicing vegetables Julienne</p>	<p>Ingredients for Mac&Cheese</p>	<p>Evaluation by outcome</p>



6.	<p>Practical – Macaroni Cheese LO: To make a roux sauce, as part of Macaroni Cheese Skills: Roux sauce making</p>	<p>All: Demonstrates making roux sauce with support Outcome unsuccessful (e.g.: runny, lumpy, burnt) Most: Demonstrates making roux sauce with a little support Outcome mostly successful (e.g. Few lumps, little runny) Some: Independently demonstrates making roux sauce Outcome successful (e.g. Lump-free, correct viscosity)</p>	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Mac&Cheese – PPT Cooking Equipment & Utensils, Making a Roux sauce, quantities of fat to flour. Viscosity	Following order of work for successful outcome by having the correct viscosity in the roux	N/A	Evaluation by outcome
7.	<p>Carbohydrates KQ: Why are carbohydrates important to our bodies?</p>	<p>All: List foods that contain Carbohydrates (Simple and Complex) Most: Explain how carbohydrates benefit our body Some: Assess what happens to the body if carbohydrates are eaten to excess</p>	Carbohydrate Gap Fill	Booklet PPT Video	<p>Activity 1 – Identify whether the following foods are Sweet or Starchy Carbohydrates</p> <p>Activity 2 – Use the information from the PowerPoint to complete the table</p> <p>Extension: “<i>Carbs make you fat. We shouldn’t eat them.</i>” Do you agree with the statement above? Write an argument, giving reasons for and against carbohydrates</p>	Ingredients for chocolate shortbread	Self/Peer Assessment
8.	<p>Practical – Chocolate Shortbread LO: To demonstrate a range of skills when making chocolate shortbread Skills: Creaming method, rolling out</p>	<p>All: Selects the correct ingredients to make chocolate shortbread Most: Accurately weighs and measures all ingredients Some: Neatly shapes and decorates biscuits to produce a well-presented outcome</p>	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Chocolate Shortbread PPT Cooking Equipment & Utensils, Shaping and rolling out	Following order of work for successful outcome by having a crumbly shortbread	Ingredients for Courgette Muffins	Evaluation by outcome



9.	<p>Practical – Courgette Muffins LO: To demonstrate accurate weighing and measuring when making cheese muffins Skills: Portioning, Grating, Measuring</p>	<p>All: Limited accuracy in weighing resulting in an unsuccessful outcome Most: Some accuracy in weighing and measuring, resulting in a satisfactory outcome Some: Accurate weighing and measuring, resulting in a fluffy, well-risen outcome</p>	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Courgette Muffin PPT Cooking Equipment & Utensils, Same size muffins	Following order of work for successful outcome by having a even sized muffins	N/A	Evaluation by outcome
10.	<p>Protein KQ: Why do we need to consume foods high in protein?</p>	<p>All: Can name foods high in protein Most: Can list ways in which protein benefits the body Some: Can explain what would happen if protein was eaten in excess</p>	Matching ingredients according to nutrient	Booklet PPT Video	<p>Activity 1 – Use the word bank to fill in the blanks. Gap Fill</p> <p>Activity 2 – Mind map all the benefits of consuming high in protein?</p> <p>Activity 3 - Design a suitable meal for a teenager training to compete in a fun run.</p> <p>Extension: Nutrition Case Study</p>	Ingredients for Jam Tarts	
11.	<p>Practical – Jam Tarts LO: To demonstrate the rubbing in method when making jam tarts –Shortening Skills: Rubbing in method Rolling, Making pastry</p>	<p>All: Requires support to demonstrate the rubbing in method Limited success in outcome Most: Demonstrates the rubbing in method with limited support Some success in outcome Some: Demonstrates the rubbing in method independently Successful outcome produced</p>	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Jam Tarts PPT Cooking Equipment & Utensils, Crumbly pastry - shortening	Following order of work for successful outcome by having a even sized muffins	Ingredients for Fajita	Evaluation by outcome



12.	Practical – Fajitas LO: To demonstrate accurate chopping, frying and seasoning when making fajitas Skills: Julienne, Frying, Wrapping	All: Selects the correct ingredients to season a fajita Most: Neatly and accurately chops a range of ingredients Some: Demonstrates good hob control when frying	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Fajitas PPT Cooking Equipment & Utensils, Julienne, neat wrapping	Following order of work for successful outcome by having a neatly wrapped Fajita	N/A	Evaluation by outcome
13.	Fat KQ: Are there any benefits to consuming foods high in fat?	All: Can name foods high in fat Most: Can explain how fats benefit the body Some: Can infer what would happen if fat was not eaten/eaten in excess	Mind Map – How many reasons we need fat in our diet	Booklet PPT Video	Activity 1 – Use the word bank to fill in the blanks. Gap Fill Activity 2 – There are many side effects to consuming too much fat. Define the following terms: 1. Obesity 2. High Blood Pressure 3. Type 2 Diabetes 4. Heart disease Extension: GCSE style questions on fat	Ingredients for Blueberry Muffins	Self/Peer Assessment
14.	Practical – Blueberry Muffins LO: To demonstrate accurate weighing and measuring when making blueberry muffins Skills: All-in-one method, Portioning	All: Limited accuracy in weighing resulting in an unsuccessful outcome Most: Some accuracy in weighing and measuring, resulting in a satisfactory outcome Some: Accurate weighing and measuring, resulting in a fluffy, well-risen outcome	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Blueberry Muffins PPT Cooking Equipment & Utensils, Same size muffins	Following order of work for successful outcome by having all muffins the same size	Ingredients for Jambalaya	Evaluation by outcome
15.	Practical – Jambalaya LO: To demonstrate accurate hob control (simmering) when making Jambalaya Skills:	All: Evenly chopped onions, peppers and garlic, poor hob control Most: Neatly and accurately chops a range of ingredients, good hob control Some: Demonstrates good hob control when frying, excellent hob control	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Jambalaya PPT Cooking Equipment & Utensils, Hob Control	Following order of work for successful outcome by having a soft fluffy Jambalaya	N/A	Evaluation by outcome



16.	Balanced Diet – Summary KQ: What have you learned about healthy, balanced diets?	All: What are the main nutrients in our diet? Most: What impact can having a high fat diet have on our health? Some: What is the difference between a ‘food group’ and a ‘nutrient’? Define the term ‘balanced diet’.	What have we learned about nutrition and healthy eating? Nutrients re-cap	Booklet PPT	Activity 1 – Food groups and their functions Activity 2 – Eatwell Guide Quiz Extension: Nutrition Case Study	Ingredients for Bolognese	Self/Peer Assessment
17.	Practical – Bolognese LO: To demonstrate accurate chopping, frying and simmering when making Bolognese Skills: Knife skills, frying hob control	All: Evenly chopped onions and garlic, poor hob control Most: Gentle frying and thoroughly reduced tomato sauce, good hob control Some: Well-seasoned and thoroughly coated pasta, excellent hob control	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate –Bolognese Sauce PPT Cooking Equipment & Utensils, Hob Control	Following order of work for successful outcome by having a flavoursome, thick Bolognese Sauce	Ingredients for Scone Based Pizza	Evaluation by outcome
18.	Practical - Scone Based Pizza LO: To demonstrate a wide range of skills when making scone based pizza Skills: Rubbing-in, arranging, weighing, measuring	All: Selects and prepares the ingredients to make pizza Most: Neatly and accurately chops a range of ingredients, good hob control Some: Demonstrates good hob control when frying, excellent hob control	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Scone Based Pizza PPT Cooking Equipment & Utensils, Neatly Arranging toppings	Following order of work for successful outcome by having a well presented pizza	N/A	Evaluation by outcome