



Number of weeks <sup>24</sup>	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 7 students to gain acquired knowledge in the following areas; <ol style="list-style-type: none"> <li>1. Nutrition</li> <li>2. Health and Safety in the cooking environment</li> <li>3. Basic cooking skills</li> <li>4. Preparation for GCSE FPN</li> </ol>	Based on Year 6 Design & Technology 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 assessments	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	Health and Safety – Hazards in the kitchen KQ: How can we prevent someone from getting seriously hurt in the kitchen  <i>Seating plan</i>	To know how to work safely in the cooking room	Spot the hazards work sheet	Power Point Booklet	Activity 1 – Look at the picture. List a range of hazards you can see and explain why these are dangerous  Activity 2 – Have a look around the cooking classroom. What are the <b>three</b> main dangers you can spot? Think of <b>three</b> top tips on how you can stay safe.  Activity 3 – Produce a poster explaining hazards and how to prevent them	Ingredients for Fruit Salad	Self-assessment Plenary
2	Practical – Fruit Salad Skills; bridge-hold, claw-grip, peeling	All: Will be able follow order of work with guidance Most: Will be able follow order of work with little guidance and some accuracy Some: Will be able to follow order of work safely and accurately	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Fruit Salad PPT Cooking Equipment & Utensils	Following order of work for successful outcome using safe knife skills (bridge hold & claw grip)	Ingredients for Pasta Salad	Evaluation by outcome
3	Practical – Pasta Salad Skills; bridge-hold, claw-grip, peeling, combining ingredients, accuracy in shapes and sizes	All: Inaccuracy in size and shape Most: W Some accuracy in size and shape Some: Consistent accuracy in shape and size	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Pasta Salad PPT Cooking Equipment & Utensils	Following order of work for successful outcome using safe knife skills (claw grip & bridge hold) the use of seasoning (olive oil, herbs & spices)	N/A	Evaluation by outcome



4	Equipment and Utensils KQ: How can we safely and successfully use a range of cooking equipment	How to safely and successfully use a range of cooking equipment	Identifying equipment	PPT Booklet	Activity 1 – Name the items you used when washing up after the fruit salad and pasta salad. Explain how you used each piece of equipment  Activity 2 – Answer the following questions about using knives.  Activity 3 - Watch the videos and answer the following questions on the bridge and claw holds  Extension Task - On the person, draw <u>3</u> things you should wear during a food practical to ensure that you work hygienically. Can you also explain why it is important we wear these items.	Ingredients for Pizza toast	Peer-Discuss – which piece of the equipment do you think is most dangerous?
5	Practical – Pizza Toast Skills; bridge-hold, claw-grip, peeling, combining ingredients, accuracy in shapes and sizes	All: Ingredients are prepared with limited accuracy. Final outcome may look messy Most: Chops all ingredients into neat, evenly sized pieces. Uses a grater unsupported Some: Spreads sauce, and arranges toppings, neatly to produce a well-presented outcome	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Pizza Toast PPT Cooking Equipment & Utensils	Following order of work for successful outcome using safe knife skills (bridge hold & claw grip) Seasoning and assembly	Ingredients for Rock Buns	Evaluation by outcome
6	Practical – Rock Buns Skills; Creaming Method, mixing, weighing, shaping	All: Selects the correct ingredients to make a batch of rock buns Most: Independently demonstrates the creaming method Accurately measures ingredients to produce a successful outcome	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Rock Buns PPT Cooking Equipment & Utensils	Following order of work for successful outcome using the creaming method	N/A	Evaluation by outcome



7	Bacteria and critical temperatures KQ: How can we ensure that the food we cook is safe to eat	All: Will be able to name 4 conditions bacteria need to thrive Most: Will be able to identify critical temperatures Some: Will be able to identify the 4c's to prevent food related illnesses	Why do you think Joe is unwell?	PPT Booklet Video	Activity 1 – Mind map reasons why food might be unsafe to eat. How many ideas can you come up with  Activity 2 – Watch the video and answer the following questions on bacteria.  Activity 3 - Watch the video on Food Hygiene, write down the 4cs and why they are important in the box below. Complete a <b>pencil</b> sketch with <b>colour</b> representing each C.  Extension – Food contamination and Bacteria GCSE questions	Ingredients for Apple Crumble	Peer Discuss – temperatures and preventions
8	Practical – Apple Crumble Skills: Rubbing in Method, knife skills, peeling	All: Will be able to identify the function of bacteria Most: Will be able to identify the function of bacteria with little guidance and some accuracy Some: Will be able to identify the function of bacteria accurately	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Apple Crumble PPT Cooking Equipment & Utensils	Following order of work for successful outcome using the rubbing in method	Ingredients for Puff Pastry Tarts	Evaluation by outcome
9	Practical – Puff Pastry Tart Skills: Creaming Method, mixing, weighing, shaping	All: Neatly spread, thin layer of sauce (pesto, tomato sauce) Most: Accurately chopped toppings, even in shape and size Some: Thoroughly cooked, well presented final outcome	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Puff Pastry Tarts PPT Cooking Equipment & Utensils	Following order of work for successful outcome by neatly and successfully prepare a batch of puff pastry tarts	N/A	Evaluation by outcome



10	The Eat Well Guide KQ: What is the Eatwell Guide and how can it help us to have a healthy diet?	All: Name sections of the Eatwell Guide Most: Give reasons of why sections of the Eatwell Guide are different sizes Some: Explain how the Eatwell Guide can support a healthy diet	List the 'top 5' words you associate with healthy eating.	PPT Booklet Video	Activity 1 – Complete the sentences below, filling in the gaps using the word bank  Activity 2 – Why do you think the chart has different sized sections?  Activity 3 – 1. Correctly write the names of the sections into the boxes using the 'word bank'. 2. Write types of foods that fit into each section. 3. Colour the sections in.  Activity 4 - Can you think of 2 healthy meals that cover all areas of the Eatwell Guide? Extension – Modifying a Pasta Salad recipe	Ingredients for Flap Jacks	Peer Discuss – temperatures and preventions
11	Practical – Flap Jacks Skills: Using hob, combining ingredients, using oven	All: Will be able follow order of work with guidance Most: Will be able follow order of work with little guidance and some accuracy Some: Will be able to follow order of work safely and accurately	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Flap Jacks PPT Cooking Equipment & Utensils	Following order of work for successful outcome making Flap Jacks The use of sugar syrup and heat – safety precautions	Ingredients for Quesadillas	Evaluation by outcome
12	Quesadillas Skills: Hob Control	All: Will be able follow order of work with guidance Most: Will be able follow order of work with little guidance and some accuracy Some: Will be able to follow order of work safely and accurately	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate – Quesadillas PPT Cooking Equipment & Utensils	Following order of work for successful outcome making Quesadillas Being able to control heat for a golden colour	N/A	Evaluation by outcome



13	Government Healthy Eating Tips Key question: How do you know if you have a healthy diet?	All: Name the 8 government tips for healthy eating Most: Explain how these guidelines can help us have a healthy diet Some: Evaluate which of the government tips is: - Most important - Hardest achieve	Healthy Eating Gap Fill	Booklet PPT Video	Activity 1 – Watch the video on the government’s ‘8 Guidelines for Healthy Eating’: <ul style="list-style-type: none"> <li>Give a definition of each of the tips</li> <li>Explain why each of them is important (<i>THINK: what might happen if you don’t follow it.</i>)</li> <li>Suggest ideas on how can achieve each piece of advice</li> </ul> Extension task: Evaluate which of the government tips is: - Most important - Hardest achieve	Ingredients for Fairy Cakes	Peer Assessment of extension task
14	Practical – Fairy Cakes Skills: Creaming method, combining, baking, weighing High Risk Food - Eggs	All: Evenly chopped onions, peppers and garlic Most: Gentle frying and thoroughly reduced tomato sauce Some: Well-seasoned and neatly presented dish	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate –Fairy Cakes PPT Cooking Equipment & Utensils	Following order of work for successful outcome making Cup Cakes Creaming method, combining, baking, weighing	Ingredients for Ragu	Evaluation by outcome
15	Practical – Ragu Skills: knife skills, hob control, seasoning	All: Will be able follow order of work with guidance Most: Will be able follow order of work with little guidance and some accuracy Some: Will be able to follow order of work safely and accurately	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate –Ragu PPT Cooking Equipment & Utensils	Following order of work for successful outcome making a Ragu sauce Knife skills, hob control	N/A	Evaluation by outcome



16	Hydration KQ: Why is it important to drink water?	All: List reasons why it is important to drink water Most: Explain how drinking water will improve a person's health Some: Assess the pros & cons of bottled water and evaluate if this should be consumed	Mind map reasons why it's important to drink water	Booklet PPT Video	Activity 1 – Answering questions from video Activity 2 - Looking at the '10 benefits of drinking water' poster.  Extension task: Bottled water consumption	Ingredients for Cheese Scones	Peer Assessment of extension task
17	Practical - Cheese Scones Skills: Rubbing in method, shaping, rolling out	All: Requires support to use the rubbing in method Most: Demonstrates the rubbing in method with limited support Some: Demonstrates the rubbing in method independently	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate –Cheese Scones PPT Cooking Equipment & Utensils	Following order of work for successful outcome making Cheese Scones Rubbing in method, shaping, rolling out	Ingredients for Corn Bread	Evaluation by outcome
18	Practical – Cornbread Skills: Weighing, baking	All: Requires support to accurately weigh and measure ingredients Most: Independently weighs with some accuracy resulting in a satisfactory outcome Some: Independently weighs with accuracy resulting in a fluffy, well-risen outcome	Personal hygiene, equipment and ingredients preparation for practical lesson	Demonstrate –Corn Bread PPT Cooking Equipment & Utensils	Following order of work for successful outcome making Corn Bread All-in-one method	N/A	Evaluation by outcome