

## Year 7 Cooking & Nutrition Curriculum

All practical lessons are self - evaluated to assess if they have met the outcomes and identify areas to improve.

During practical lessons verbal feedback is given to enable the students to progress.

All written work is marked in accordance with the school policies.

	<u>Year 7</u>	<u>Dishes</u>	<u>Assessment</u>
<u>Autumn Term 1</u>	<p><u>Transition units - 2 weeks</u></p> <ul style="list-style-type: none"> <li>• Hygiene and Safety. Safe working practices.</li> </ul> <p><u>Basic skills - 12 weeks</u></p> <ul style="list-style-type: none"> <li>• Rubbing in method</li> <li>• Bridge &amp; claw method. Vitamin C.</li> <li>• Binding ingredients. Recipe adaptation.</li> <li>• All-in-one method. Recipe design.</li> <li>• Melting method. Safe use of the hob.               <ul style="list-style-type: none"> <li>• Decorating.</li> </ul> </li> </ul>	<p style="text-align: center;"><u>Basic skills</u></p> <p style="text-align: center;">Fruit crumble Fruit salad</p> <p style="text-align: center;">Scones</p> <p style="text-align: center;">Upside down cake</p> <p style="text-align: center;">Flapjack</p> <p style="text-align: center;">Xmas biscuits</p>	<p style="text-align: center;">Sequencing activity. Accurate use of bridge &amp; claw. Understand vitamin C.</p> <p style="text-align: center;">Correct use of equipment.</p> <p style="text-align: center;">Using the cooker.</p>
<u>Spring Term 2</u>	<p><u>Building skills - 7 weeks</u></p> <ul style="list-style-type: none"> <li>• Handling and rolling pastry</li> <li>• Safe use of the hob, boiling, draining and mashing.               <ul style="list-style-type: none"> <li>• Whisking method. Sequencing exercise.</li> </ul> </li> </ul> <p><u>Muffin project - 6 weeks</u> Understanding jobs in the food industry. Recipe development.</p>	<p style="text-align: center;">Sausage rolls</p> <p style="text-align: center;">Baked bean and potato bake.</p> <p style="text-align: center;">Swiss roll.</p> <p style="text-align: center;">Fruit muffin.</p>	<p style="text-align: center;">Verbal feedback on rolling pastry.</p> <p style="text-align: center;">Understanding the whisking method.</p> <p style="text-align: center;">Project assessed against levels.</p>

	Team work.		
<b><u>Summer Term 3</u></b>	<p><u>Consolidating skills - 6 weeks</u> Building a recipe.</p> <p>Creaming method.</p> <p><u>Revisiting, practicing and reinforcing skills - 4 weeks.</u> Choose 4 recipes from y7 to practice develop and reinforce the skills.</p>	<p>Puff pastry tart. Cookies Chocolate chip cakes.</p> <p>4 recipes from y7. Student's choice.</p>	Assessed for level of independence and use of equipment.

### Year 8 Cooking & Nutrition Curriculum map

	<b><u>Year 8</u></b>	<b><u>Dishes</u></b>	<b><u>Assessment</u></b>
<b><u>Autumn Term 1</u></b>	<p>Bread making - 6 weeks Kneading, proving, knocking back. Yeast theory. Enriching recipes.</p> <p>F.P.T - Soup making 2 weeks Use of hob, knife skills &amp; use of hand blender. Basic nutrition.</p> <p>Developing skills - 6 weeks Food provenance ICT in Food</p>	<p>Bread Pizza Cinnamon whirls</p> <p>Soup</p> <p>Bakewell Tart Sausage risotto Snow balls</p>	<p>What yeast needs?</p> <p>Verbal - Key techniques and methods.</p> <p>Key nutrients.</p> <p>Nutrient function.</p>
<b><u>Spring Term 2</u></b>	<p>Developing skills - 12 weeks</p> <p>Food poisoning - salmonella. Costing recipes.</p>	<p>Cheesecake Chicken curry Jam Tarts Chilli/bolognaise Egg Custard Pin Wheels</p>	Practical assessment on skills gained.

<b><u>Summer Term 3</u></b>	Developing cooking techniques - 6 weeks.  Demonstrating ability to select and prepare ingredients to make high quality dishes. - 6 weeks	Fridge cake Swedish apple cake  Students to select 5 dishes to cook.	
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### Year 9 Cooking & Nutrition Curriculum Map

	<b><u>Year 9</u></b>	<b><u>Dishes</u></b>	<b><u>Assessment</u></b>
<b><u>Autumn Term 1</u></b>	Burger project - 6 weeks Design & make a burger. Recipe design. Recipe modification. HACCP. Temperature control.  International cuisine (Chinese) - 6 weeks Food Culture Stir-frying Using filo pastry. Sauce making	2 x burgers   Chicken chow mein Spring rolls Sweet & sour pork	Assessed against levels.   Use of equipment. Cutting techniques. Independence in practical lessons.
<b><u>Spring Term 1</u></b>	10 weeks Mexican Food Culture  British cuisine Food provenance Enriching pastry Function of eggs  F.P.T - 3 weeks Roux sauce - gelatinisation of starch.	Fajitas   Apple pie Quiche Victoria sponge  Pasta bake with leeks and bacon.	Knife skills   Pastry making Use of oven Outcome of cake  Sauce making
<b><u>Summer Term 3</u></b>	Developing skills - 6 weeks Bain-marie Local foods	Double chocolate	Whisking method

	<p>Consolidating skills &amp; methods - 5 weeks.</p> <p>Practice, reinforce and develop skills &amp; methods.</p>	<p>brownies. Pasties. Mars bar cake.</p> <p>4 recipes from KS3.</p>	<p>Crimping techniques.</p>
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Homework in Cooking & Nutrition is to weigh and measure the ingredients needed for your practical lesson. It is important that the student does this and not the parent, this is so that they gain and develop vital weighing and measuring skills. This also ensures that the student understands which ingredients are which. If you do not have an accurate set of scales then this can be done at school before the practical lesson takes place.