

	KNOWLEDGE	SKILLS
YEAR 7	<p>Cooking Use a range of tools and equipment; Engage in food preparation and cooking skills; Food safety and hygiene.</p> <p>Nutrition Applying The Eat Well Guide and the 8 tips for healthy eating; Learn about the importance of energy and nutrients; Use food labels to make food choices; Explore food choice.</p> <p>Ingredients Investigate the functions of ingredients and the science of food; Explore where and how different ingredients are produced and processed; Investigate and use seasonal ingredients; Learn to use different ingredients when cooking.</p>	<p>Cooking Weigh, measure, peel, knead, cut, slice and chop, grate, mix and combine, use the grill, use the oven, use the hob, deseed, rub-in, roll-out, divide, whisk, drain; Follow, modify and create recipes; Food safety and hygiene; Get ready to cook; Use equipment safely; Be hygienic when cooking; Cook food so it is safe to eat; Keep the kitchen clean and tidy; Use food labels to store food correctly.</p> <p>Nutrition Describe The Eat Well Guide and the eight tips for healthy eating; Relate to diet, and use to plan meals for self and for others; Know and use what is on a food label to make a healthier choice; Identify factors that affect food choice.</p> <p>Ingredients Know the source of foods, including local and regional and how they are produced, processed and used in cooking; Apply knowledge of ingredients, healthy eating and cooking; Make dishes, and justify choice of ingredients and cooking (technique, skill & equipment); Evaluate products, way of working, and suggest improvements.</p>

YEAR 7		First Half Term	Second Half Term
	Content	<p>Practical Cookery Popcorn Vegetable dippi divers Pizza toast Sensory investigation on fruit/vegetable cakes</p> <p>Non-Practical Food hygiene and food safety Small equipment Functions and sources of nutrients</p>	<p>Practical Cookery Mini fruit/vegetable cakes Cheese/fruit scones Pasta bake Christmas seasonal – chocolate log</p> <p>Non-Practical Eatwell guide and healthy eating Food labelling Food provenance</p> <p>Research Project Five a day</p>
	Skills	<p>Practical cookery skills Use a range of tools and equipment; Demonstrate a range of food preparation and cooking techniques: using hob, grill, oven, knife skills, rubbing in, creaming, simple sauce making, melting chocolate; Food safety and hygiene; Make dishes, and justify choice of ingredients and cooking (technique, skill & equipment); Evaluate products, way of working, and suggest improvements.</p>	
		<p>Non-Practical Skills Get ready to cook: Use equipment safely; Be hygienic when cooking; Cook food so it is safe to eat; Keep the kitchen clean and tidy; Identify the functions and sources of nutrients in foods.</p>	<p>Non-Practical Skills Nutrition Describe The Eat Well Guide and the 8 tips for healthy eating; Relate to diet, and use to plan meals for self and for others; Know and use what is on a food label to make a healthier choice; Identify factors that affect food choice.</p> <p>Ingredients Know the source of foods, including local and regional and how they are produced, processed and used in cooking; Apply knowledge of ingredients, healthy eating and cooking.</p>
Assessment	<p>Cooking, Nutrition, Ingredients – progress tracked using the My learning journey booklet (includes practical assessment) Assessment/examination – knowledge based (50%) Classwork/booklet work/research project and homework/sensory evaluation project (50%) Booklet and practical point score (based on descriptors) Homework – evaluation of practical work Termly research project</p>		

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	<p>YEAR 8 TOPIC – DIET AND HEALTH This scheme of work has been developed to enable students to learn how to cook a range of dishes safely and hygienically, and to apply their knowledge of nutrition. In addition, they will consider the factors that affect food choice, food availability and food waste.</p>	
YEAR 8	<p>Cooking Use a range of tools and equipment; Engage in food preparation and cooking skills; Food safety and hygiene; Learn to use different ingredients when cooking.</p> <p>Nutrition Apply The Eat Well Guide and the 8 tips for healthy eating; Learn more about energy and nutrients; macro and micro, energy and the importance of hydration; Use food labels to make food choices; Planning meals for specific groups of people.</p> <p>Ingredients Investigate the functions of ingredients and the science of food; Explore where and how different ingredients are produced and processed; Factors which influence food choice; Investigate and use seasonal ingredients.</p>	<p>Cooking Weigh, measure, peel, knead, cut, slice and chop, grate, mix and combine, use the grill, use the oven, use the hob, deseed, rub-in, roll-out, divide, whisk, drain, all in one method, use of raw meat or poultry, shape; Follow, modify and create recipes; Food safety and hygiene; Get ready to cook; Use equipment safely; Be hygienic when cooking; Cook food so it is safe to eat; Keep the kitchen clean and tidy; Use food labels to store food correctly.</p> <p>Nutrition Describe The Eat Well Guide and the eight tips for healthy eating; Relate to diet, and use to plan meals for self and for others; Know the functions of the main nutrients, why energy balance and good hydration is important; Explain why different people need different amounts of energy and nutrients, and requirements of teenagers.</p> <p>Ingredients Know the source of foods, including local and regional and how they are produced, processed and used in cooking; Calculate the cost of dishes and meals; Reduce food waste when cooking; Apply knowledge of ingredients, healthy eating and cooking; Make dishes, and justify choice of ingredients and cooking (technique, skill & equipment); Evaluate products, way of working, and suggest improvements.</p>

		First Half Term	Second Half Term
		YEAR 8	Content
Skills	<p>Practical Cookery Noodle stir fry; Cheese and egg frittatas; Focaccia bread; Christmas seasonal mince pie slices.</p> <p>Nutrition Apply The Eat Well Guide and the 8 tips for healthy eating; Understand detail about nutrients, macro and micro, energy and the importance of hydration; Use food labels to make food choices; Plan meals for specific groups.</p>		<p>Practical Cookery Investigation of starches and gelatinisation; Macaroni cheese; Curry; Bolognese sauce.</p> <p>Ingredients Investigate the functions of ingredients and the science of food; Explore where and how different ingredients are produced and processed; Factors which influence food choice; Investigate and use seasonal ingredients.</p>
		<p>Nutrition Describe The Eat Well Guide and the eight tips for healthy eating; Relate to diet, and use to plan meals for self and for others; Know the functions of the main nutrients, why energy balance and good hydration is important; Explain why different people need different amounts of energy and nutrients, and requirements of teenagers.</p>	<p>Ingredients Know the source of foods, including local and regional and how they are produced, processed and used in cooking; Calculate the cost of dishes and meals reduce food waste when cooking; Apply knowledge of ingredients, healthy eating and cooking make dishes, and justify choice of ingredients and cooking (technique, skill & equipment) Evaluate products, way of working, and suggest improvements.</p>

	Assessment	Written Food and Nutrition assessment/examination – knowledge based (50%) Classwork/booklet work/research project and homework (50%) Booklet and practical point score based on descriptors Learning Journey Cooking, Nutrition, Ingredients – weekly self-review Homework – evaluation of practical work Termly research project
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