

Year 7 Food & Nutrition

NOTE: Practical's are subject to changes e.g. ingredient availability, student attainment (in particular transition), weather conditions (extreme heat), etc. KS4 and KS5 NEA/internal assessments may also impact SOW.

TERM 1	TOPIC:	*Key Skills/Subject Links	*Career links & BV
Week 1	Baseline Assessment & Introduction	Key Skills (from KS3 NC) - Understand and apply principles of nutrition and health - Cook repertoire of mainly savoury dishes - Competent in range of cooking techniques (key skills for each practical as displayed in red font) - Understand source, seasonality and characteristics of ingredients	Career Links: Hygiene and safety in catering environments Practical cookery skills Diet & Health Team work / interpersonal skills Independent work
Week 2	Theory: Personal Hygiene, Cleaning & Routines		
Week 3	Practical: Sandwich and Hot Drink (key skills: personal hygiene, kitchen H&S, cleaning)		
Week 4	Theory: Hazards in the Kitchen		
Week 5	Practical: Fruit Salad (key skills: knife skills & enzymic browning)		
Week 6	Theory: Using the cooker & heat transfer (Milestone: H&S)		
Week 7	Practical: Pizza Muffins (key skills: using the grill)		
TERM 2		Subject Links:	British Values:
Week 1	Theory: Weighing and Measuring	Numeracy - Sequencing recipes - timing - weighing and measuring - units of measurement Literacy - Reading and interpreting recipes - Oral presentation - key words	Individual liberty: students can make their choices e.g. with regards to ingredients used in some recipes The rule of law: understanding rules and why they are important e.g. routines in the Food Room, H&S Democracy: students will make decisions and work with others (pairs/groups). The right of opinion/voice for all.
Week 2	Practical: Savoury Muffins (key skills: weighing & measuring, using the oven)		
Week 3	Theory: Seasonality		
Week 4	Practical: Crumble (key skills: weighing & measuring, rubbing in method, using the oven, seasonal ingredients)		
Week 5	Theory: Eatwell Guide & Nutrients		
Week 6	Practical: Fruit Scones (key skills: weighing & measuring, rubbing in method, forming/shaping dough, baking, functions of ingredients)		
TERM 3		Subject Links (cont.):	British Values (cont.):
Week 1	Theory: Eatwell Guide & 8 Tips for a Healthy Lifestyle	Science - bacterial contamination/food safety - chemical raising agents - methods of heat transfer - nutrition Geography - food provenance - seasonality - food miles & carbon footprint	Tolerance: learning about different faiths and cultures in respect to food and diets. Working with others and listening to different points of view. Mutual respect: working with others, respecting the choices of others.
Week 2	Practical: Tomato Pasta (key skills: knife skills, using the hob, reduction sauce)		
Week 3	Theory: Dietary Choices/Requirements		
Week 4	Practical: Cheese pasta – gluten/lactose free (key skills: weighing & measuring, using the hob, gelatinisation)		
Week 5	Theory: End of rotation assessment (Milestone)		
Week 6	Practical: Pastry turnover (key skills: weighing & measuring, handling and shaping pastry, using the oven)		
	CHANGE OVER WITH DT		
TERM 4		Subject Links (cont.):	

Week 1	Baseline Assessment & Introduction	DT - Design and make -importance of safety - using small equipment PE - diet and health Art and Design - presentation - design	
Week 2	Theory: Personal Hygiene, Cleaning & Routines		
Week 3	Practical: Sandwich and Hot Drink (key skills: personal hygiene, kitchen H&S, cleaning)		
Week 4	Theory: Hazards in the Kitchen		
Week 5	Practical: Fruit Salad (key skills: knife skills & enzymic browning)		
Week 6	Theory: Using the cooker & heat transfer (Milestone: H&S)		
TERM 5			
Week 1	Practical: Pizza Muffins (key skills: using the grill)		
Week 2	Theory: Weighing and Measuring		
Week 3	Practical: Savoury Muffins (key skills: weighing & measuring, using the oven)		
Week 4	Theory: Seasonality		
Week 5	Practical: Crumble (key skills: weighing & measuring, rubbing in method, using the oven, seasonal ingredients)		
Week 6	Theory: Eatwell Guide & Nutrients		
TERM 6			
Week 1	Practical: Fruit Scones (key skills: weighing & measuring, rubbing in method, forming/shaping dough, baking, functions of ingredients)		
Week 2	Theory: Eatwell Guide & 8 Tips for a Healthy Lifestyle		
Week 3	Practical: Tomato Pasta (key skills: knife skills, using the hob, reduction sauce)		
Week 4	Theory: End of rotation assessment (Milestone)		
Rollover – same Yr7 classes are kept by each TECH department.			
Week 5	Practical: Cheese pasta – gluten/lactose free (key skills: weighing & measuring, using the hob, gelatinisation)		
Week 6	Theory: Dietary Choices/Requirements		
Week 7	Practical: Pastry turnover (key skills: weighing & measuring, handling and shaping pastry, using the oven)		

Year 8 Food & Nutrition

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TERM 1	TOPIC:	*Key Skills/Subject Links	*Career links & BV
Week 1	Baseline Assessment & Introduction	Key Skills (from KS3 NC)	Career Links:
Week 2	Practical: Italian Stuffed Chicken/Peppers & Couscous (key skills: H&S, using the oven, personal hygiene, cleaning, handling raw meat, using electric equipment, temperature checks)	- Understand and apply principles of nutrition and health - Cook repertoire of mainly savoury dishes - Competent in range of cooking techniques (key skills for each practical as displayed in red font)	Hygiene and safety in catering environments Practical cookery skills Diet & Health Team work / interpersonal skills Independent work
Week 3	Theory: Safe storage and temperature control	- Understand source, seasonality and characteristics of ingredients	
Week 4	Practical: Tandoori Chicken Leg, Raita & Salad (key skills: H&S, handling raw meat, making a marinade, using the oven, knife skills, temperature checks)		
Week 5	Theory: Food poisoning		
Week 6	Practical: Chilli Con Carne & Rice (key skills: knife skills, handling raw meat, using the hob, making a reduction sauce)		
Week 7	Theory: Vegetarian & vegan diets		
TERM 2	TOPIC:	Subject Links:	British Values:
Week 1	Practical: Quorn Chinese Noodles (key skills: knife skills, using the hob, making a sauce, measuring)	Numeracy - Sequencing recipes - timing - weighing and measuring - units of measurement	Individual liberty: students can make their choices e.g. with regards to ingredients used in some recipes
Week 2	Theory: Bread Science	Literacy - Reading and interpreting recipes - Oral presentation - key words	The rule of law: understanding rules and why they are important e.g. routines in the Food Room, H&S
Week 3	Practical: Bread Rolls (key skills: weighing & measuring, combining, kneading, proving, shaping, using the oven)		Democracy: students will make decisions and work with others (pairs/groups). The right of opinion/voice for all.
Week 4	Theory: Flour – Food Provenance		
Week 5	Practical: Enriched bread (key skills: weighing & measuring, combining, kneading, proving, shaping, using the oven)		
Week 6	Theory: Raising Agents		
TERM 3	TOPIC:	Subject Links (cont.):	British Values (cont.):
Week 1	Practical: Dutch Apple Tart (key skills: weighing & measuring, rolling pastry, creaming method, using the oven, test for readiness)	Science - bacterial contamination/food safety - chemical raising agents - methods of heat transfer	Tolerance: learning about different faiths and cultures in respect to food and diets. Working with others and listening to different points of view.
Week 2	Theory: Pastry - Science/Provenance	Geography - food provenance - seasonality - food miles & carbon footprint	Mutual respect: working with others, respecting the choices of others.
Week 3	Practical: Jam Tarts (key skills: weighing & measuring, rubbing in, combining, rolling pastry, shaping/cutting pastry, using the oven)		
Week 4	Theory: End of rotation test		
Week 5	Practical: International Dish		
Week 6	Theory: International Cuisine		

CHANGE OVER WITH DT			
TERM 4	TOPIC:	Subject Links (cont.): DT - Design and make -importance of safety - using small equipment PE - diet and health Art and Design - presentation - design	
Week 1	Baseline Assessment & Introduction		
Week 2	Practical: Italian Stuffed Chicken/Peppers & Couscous (key skills: H&S, using the oven, personal hygiene, cleaning, handling raw meat, using electric equipment, temperature checks)		
Week 3	Theory: Safe storage and temperature control		
Week 4	Practical: Tandoori Chicken Leg, Raita & Salad (key skills: H&S, handling raw meat, making a marinade, using the oven, knife skills, temperature checks)		
Week 5	Theory: Food poisoning		
Week 6	Practical: Chilli Con Carne & Rice (key skills: knife skills, handling raw meat, using the hob, making a reduction sauce)		
TERM 5	TOPIC:		
Week 1	Theory: Vegetarian & vegan diets		
Week 2	Practical: Quorn Chinese Noodles (key skills: knife skills, using the hob, making a sauce, measuring)		
Week 3	Theory: Bread Science		
Week 4	Practical: Bread Rolls (key skills: weighing & measuring, combining, kneading, proving, shaping, using the oven)		
Week 5	Theory: Flour – Food Provenance		
Week 6	Practical: Enriched bread (key skills: weighing & measuring, combining, kneading, proving, shaping, using the oven)		
TERM 6	TOPIC:		
Week 1	Theory: Raising Agents		
Week 2	Practical: Dutch Apple Tart (key skills: weighing & measuring, rolling pastry, creaming method, using the oven, test for readiness)		
Week 3	Theory: End of rotation test		
Week 4	Practical: Jam Tarts (key skills: weighing & measuring, rubbing in, combining, rolling pastry, shaping/cutting pastry, using the oven)		
Rollover			
Week 5	New year 8's complete yr7 sow – see yr 7 curriculum overview		
Week 6			
Week 7			

Year 9 Food & Nutrition – Enrichment

NOTE: Practical's are subject to changes e.g. ingredient availability, student attainment (in particular transition), weather conditions (extreme heat), etc. KS4 and KS5 NEA/internal assessments may also impact SOW.

TERM 1	TOPIC:	*Key Skills/Subject Links	*Career links & BV
Week 1	Theory: Baseline & Seasons/Climate	Key Skills (from KS3 NC) - Understand and apply principles of nutrition and health - Cook repertoire of mainly savoury dishes - Competent in range of cooking techniques (key skills for each practical as displayed in red font) - Understand source, seasonality and characteristics of ingredients	Career Links: Hygiene and safety in catering environments Practical cookery skills Diet & Health Team work / interpersonal skills Independent work
Week 2	Practical: Raspberry Oat Muffins (key skills: weighing & measuring, combining ingredients, using the oven, H&S, personal hygiene, cleaning)		
Week 3	Theory: Seasonal Crops, Grains, Fruits & Vegetables		
Week 4	Practical: Seasonal Fruit Cobbler (key skills: weighing & measuring, knife skills, using the hob, rubbing in, forming dough, shaping dough, using the oven)		
Week 5	Theory: Seasonal Meat & Classification		
Week 6	Practical: Cornish Puff Pasty (key skills: weighing & measuring, rolling pastry, handling raw meat, knife skills, using the oven)		
Week 7	Theory: Milestone		
TERM 2		Subject Links:	British Values:
Week 1	Practical: Mini Christmas Cakes – make cakes (key skills: weighing & measuring, combining, using the oven)	Numeracy - Sequencing recipes - timing - weighing and measuring - units of measurement Literacy - Reading and interpreting recipes - Oral presentation - key words	Individual liberty: students can make their choices e.g. with regards to ingredients used in some recipes The rule of law: understanding rules and why they are important e.g. routines in the Food Room, H&S Democracy: students will make decisions and work with others (pairs/groups). The right of opinion/voice for all.
Week 2	Theory: Preserving the Harvest – preservation methods		
Week 3	Practical: Christmas Biscuits & Feed Christmas Cakes (key skills: weighing & measuring, combining ingredients, rolling dough, cutting dough, using the oven, decorating)		
Week 4	Theory: Cultural times of celebration & food		
Week 5	Practical: Decorate Christmas Cakes (key skills: rolling icing, shaping icing, cutting icing, finishing techniques)		
Week 6	Theory: Christmas tasting of Europe		
TERM 3		Subject Links (cont.):	British Values (cont.):
Week 1	Practical: Tomato & Red Pepper Soup with Cheese Scone Wedge (key skills: knife skills, using the hob, reduction, using electrical equipment, weighing & measuring, rubbing in, combining/shaping dough, using the oven, seasoning)	Science - bacterial contamination/food safety - Raising agents - methods of heat transfer - nutrition Geography - food provenance - seasonality - food miles & carbon footprint	Tolerance: learning about different faiths and cultures in respect to food and diets. Working with others and listening to different points of view. Mutual respect: working with others, respecting the choices of others.
Week 2	Theory: Eatwell Guide & 8 Tips		
Week 3	Practical: Ratatouille Pasta Bake & Cheese Top (key skills: knife skills, using the hob, reduction sauce, using the oven, seasoning)		
Week 4	Theory: Nutritional Labelling		

Week 5	Practical: Sausage Casserole & Mash (key skills: knife skills, handling raw meat, casseroles, using the hob, using the oven, mashing, seasoning)	- farming	
Week 6	Theory: Milestone		
TERM 4		Subject Links (cont.):	
Week 1	Practical: Thai Fish Cakes & Chilli Dip (key skills: knife skills, using the hob, handling raw fish, shaping)	DT - Design and make - importance of safety - using small equipment	
Week 2	Theory: Fish & Sustainability	PE - diet and health - healthy lifestyle choices	
Week 3	Practical: Fish Pie with Puff Pastry Top (key skills: knife skills, handling raw fish, using the hob, rolling pastry, using the oven)	Art and Design - presentation - design	
Week 4	Theory: Ethical Shopping	RE - cultural/religious influence on food choice	
Week 5	Practical: Fair Trade Chocolate Tart (key skills: weighing & measuring, rubbing in, combining ingredients, rolling pastry, using the hob, using the oven, chilling)		
Week 6	Theory: Budgeting & Tasting Comparison		
TERM 5			
Week 1	Practical: Nando's Wrap & Spicy Rice (key skills: handling raw meat, marinating meat, using the oven, using the hob, seasoning, temperature control)		
Week 2	Theory: Fats		
Week 3	Practical: Burger & Wedges (key skills: knife skills, using the oven, seasoning, handling raw meat, shaping raw meat, using electrical equipment, temperature control)		
Week 4	Theory: Protein		
Week 5	Practical: Pizza (key skills: weighing & measuring, combining, kneading, shaping, using the oven)		
Week 6	Theory: Carbohydrates		
TERM 6			
Week 1	Practical: Chicken Kebab & Salad (key skills: handling raw meat, knife skills, marinating meat, skewering, using electrical equipment, temperature control)		
Week 2	Theory: End of Year Milestone		
Week 3	Practical: Cheesecake (key skills: using electrical equipment, weighing & measuring, combining ingredients, whisking, layering, chilling)		
Week 4	Theory: End of Year Review		
Rollover – Yr8's who have opted to study Food begin their Yr9 curriculum			
Week 5	Theory: About me/Intro		

Week 6	Theory: Hygiene – cleaning & personal hygiene		
Week 7	Theory: Close down routine		