



<b>Academic Year</b> <u>Year; 7</u>	<b>Content.</b> Unit title and brief outline of content.	<b>Skills taught in each unit.</b>	<b>Assessment – what knowledge and skills will be assessed and how?</b>
<b>Rationale</b>	No food in year 7		
<b>Autumn A</b>			
<b>Autumn B</b>			
<b>Spring A</b>			
<b>Spring B</b>			
<b>Summer A</b>			
<b>Summer B</b>			



Academic Year <u>Year; 8</u>	Content. Unit title and brief outline of content.	Skills taught in each unit.	Assessment – what knowledge and skills will be assessed and how?
<b>Autumn A / Spring B</b>	Eat well guide Fajita practical Risotto practical and planning Chilli con carne / Bolognese planning and practical Macro nutrients – proteins, fats, carbohydrates Numeracy task – set by maths	Knife skills– bridge and claw method, weighing and measuring – liquids and solids, food, kitchen and personal hygiene rules, how to test temperatures. Calculating and evaluating the nutritional value of a product made. Recognise that improvements can be made once an evaluation has been carried out. Know how to safely use equipment – including electrical appliances, understanding the benefits. Be apply to apply skills from maths to complete numeracy task homework’s x 1. How to analyse the nutritional content of a dish. Subject specific terminology.	Knife skills – visual grade Practical skills – throughout practical lesson and from photo evidence Planning – detail of planning (model given) Extended writing – healthy eating Numeracy task - 1 Sensory analysis – risotto Oracy – healthy eating
<b>Autumn B/ Summer A</b>	Swiss roll practical and planning Food Provenance Roux sauce practical and planning Adapting a recipe to make it healthier	Know how to safely use equipment – including electrical appliances, understanding the benefits. Recognise and understand seasonality and food provenance, and be able to adapt a recipe accordingly. Recognise that ingredients can be swapped for a healthier alternative – e.g. vegetable fats instead of butter, vegetable proteins instead of meat. Be apply to apply skills from maths to complete numeracy task homework’s x 1. Being able to calculate the nutritional value. Subject specific terminology.	Practical skills – throughout practical lesson and from photo evidence Planning – detail of planning (model given) Extended writing – food provenance Oracy – food provenance
<b>Spring A/summer B</b>	Thai Curry practical and planning Spelling test – most commonly misspelt words Alternative proteins taste testing Seasonal food practical	Weighing and measuring. Being able to experience alternatives to animal proteins and make judgements about their place in our diet. Comparing the nutritional benefits of a range of animal / vegetable proteins. Understand the importance of knowing where food comes from and seasonality, making environmentally sound judgements as a result. Subject specific terminology. Calculating the nutritional value.	Practical skills – throughout practical lesson and from photo evidence Planning – detail of planning (model given) Numeracy task – 2 Oracy – seasonal and environmental Formal end of unit test.



Academic Year Year; 9	Content. Unit title and brief outline of content.	Skills taught in each unit.	Assessment – what knowledge and skills will be assessed and how?
Autumn A	Healthy Eating and the Eat well guide Designing a days menu Hygiene – kitchen and personal Chow Mein / stir fry Mexican Quesadilla / enchiladas Sensory analysis	Apply knowledge of the eatwell guide, micro and macro nutrients when planning and making a product. Apply kitchen, personal and food hygiene principles to practical lessons. Recognise the detail needed when planning the making of a product. Apply sensory and nutritional knowledge when making judgements about food products. Recognise the makes and planning are grades bronze/silver/gold/platinum. Subject specific terminology. Being able to calculate the nutritional content using the nutrients programme. Subject specific terminology. Preparing for GCSE AQA skills: General practical skills, Knife skills, preparing fruits and vegetables, use of the cooker, use of equipment, cooking methods, raising agents, setting mixtures.	Extended writing – healthy eating  Plan modelled for chow mein  Making: Planning – stages, timing and equipment, practical outcome.  Evaluation of quesadillas  Nutritional content and comparing it to nutritional needs.
Autumn B	Food choice – moral and environmental factors Bread & butter pudding practical Coeliac disease Macro nutrients (carbs, fats, protein) Fat vitamins A, D E & K, Water soluble Vits B & C Specialist diets: vegetarians, obesity, dental health, CHD, anaemia and type 2 diabetes	Oracy task – environmental and moral factors affecting food choice. Apply kitchen, personal and food hygiene principles to practical lessons. Recognise the impact of food intolerances. Apply knowledge of nutritional and scientific principles when planning work, be able to calculate the nutritional value and analyse it. Evaluate the choice of cooking methods. Make decisions of ingredient use for the target group – specialist diets. Use subject specific terminology.	Oracy – food choice – moral and environmental factors  Making: Planning – stages, timing and equipment, practical outcome.  Knowledge of macro and micro nutrients.



Academic Year Year; 9	Content. Unit title and brief outline of content.	Skills taught in each unit.	Assessment – what knowledge and skills will be assessed and how?
Spring A	Mseman bread Minerals: calcium, iron, sodium (salt), fluoride, iodine and phosphorus.  Vegetarian curry	Apply kitchen, personal and food hygiene principles to practical lessons. Be familiar with foods from other continents. Apply knowledge of nutritional and scientific principles when planning work, be able to calculate the nutritional value and analyse it. Make decisions of ingredient use for the target group – specialist diets. Use subject specific terminology.  <b>** please note that the rotation will repeat with the other half of the form group**</b>	Making: Planning – stages, timing and equipment, practical outcome.  Knowledge of macro and micro nutrients.  End of rotation test on nutrients.
Spring B	Repeat of rotation above for other half of the form		
Summer A	Repeat of rotation above for other half of the form		
Summer B	Repeat of rotation above for other half of the form		