

Year 7	Half-term 1	Half-term 2	Half-term 3
<p>Core content and concepts</p> <p>18 wks. 1 lesson per week</p> <p>Food Nutrition & Health: Macro & Micronutrients; Diet and its effect on health.</p> <p>Food Science: Cooking of food and heat transfer;</p> <p>Protein Denaturation & Coagulation Carbohydrate Dextrinisation; Caramelisation Enzymic browning Gluten Fermentation Sauce making Gelatinisation Raising agents Shortening</p> <p>Food Safety: High risk foods; Enzymic action; Contamination; Food safety in buying, storing, preparing, cooking and serving food.</p>	<p>Simple meals/snacks: Sandwiches (different breads and hot/cold fillings), Breakfast (use of bread and eggs), Bread making</p> <p>Protein, Carbohydrate, Fat, Vitamins & Minerals Eatwell guide</p> <p>Grilling, dry/shallow frying, boiling, baking. Radiant, conduction, convection heat</p> <p>Gluten formation Eggs (fried, scrambled, boiled) Toast, Bread</p> <p>Bread making</p> <p>Pancakes Yeast</p> <p>Bacon (protein foods), Eggs (Salmonella) Chopping boards, hand washing, separation, refrigeration, meat probes</p>	<p>Lunches/snacks continued: Potatoes (wedges, baked, Hasselback); Pasta salad, Pasta sauces (ragû, Tomato and Mascarpone, Macaroni cheese)</p> <p>Carbohydrates, Vitamins & Minerals, Eatwell guide, Balanced diet</p> <p>Boiling, simmering, microwaving, baking. Radiant, conduction and convection heat</p> <p>Potatoes</p> <p>Salad</p> <p>Reduction, Starch based (all-in-one) Starch based sauce</p> <p>Protein foods Potatoes, salad, vegetables Vegetables Chopping boards</p>	<p>Lunches/snacks continued: Rice (egg fried/Pudding); Fruit (fruit salad, smoothies, crumble)</p> <p>Carbohydrates, Vitamins & Minerals, Eatwell guide, Balanced diet</p> <p>Boiling, simmering, stir frying, baking. Convection and conduction heat</p> <p>Egg fried rice Crumble Crumble Fruit</p> <p>Crumble (rubbing in)</p> <p>Rice (Bacillus cereus) Fruit Re-heating food, Core temperature. storage</p>

<p>Food Choice: Religious and moral food choices; British & International cuisine.</p> <p>Food Provenance: Where and how ingredients are grown/reared.</p> <p>GCSE skills:</p>	<p>Bacon (Islam/Judaism) Vegetarianism/Veganism Organic/Free range Breakfast/sandwiches from around the world</p> <p>Organic/Free range Seasonality. Staple foods</p> <p>1,2,3,4,5,6,7,10,11,12</p>	<p>Vegetarianism/Veganism</p> <p>Italian food</p> <p>Pasta production. Staple foods</p> <p>1,2,3,4,5,6,8</p>	<p>Free-range, seasonality</p> <p>British, Chinese, Italian</p> <p>Organic/Free range Seasonality. How rice is grown. Staple foods</p> <p>1,2,3,5,6,8,12</p>
Year 8	Half-term 1	Half-term 2	Half-term 3
<p>Core content and concepts</p> <p>18 weeks, 1 lesson per week</p> <p>Food Nutrition & Health: Macro & Micronutrients; Diet and its effect on health.</p> <p>Food Science: Cooking of food and heat transfer;</p> <p>Protein Denaturation & Coagulation Carbohydrate Dextrinisation Shortening Aeration Plasticity Gluten Fermentation</p>	<p>Simple meals/snacks with a greater emphasis on everything homemade. Pizza (homemade passata), Shortcrust pastry (jam tarts, Mini quiches). Rough puff pastry (sausage rolls, cinnamon swirls)</p> <p>Protein, Carbohydrate, Fat, Vitamins & Minerals Eatwell guide Homemade vs UPF, Use of additives</p> <p>Sautéing, boiling and simmering. Convection and conduction heat</p> <p>Gluten formation Mini quiches Pizza, Shortcrust pastry Shortcrust Pizza, Pastries Pastries, Pizza Pastries, Pizza Pizza</p>	<p>Meals/snacks continued. Chicken (sweet and spicy, breaded goujons, fajitas), Minced beef (Spaghetti Bolognese, Cottage pie)</p> <p>Protein, Carbohydrate, Fat, Vitamins & Minerals Eatwell guide Homemade vs UPF, Use of additives</p> <p>Boiling and simmering, baking, stir frying. Convection and conduction</p> <p>Tenderisation Goujons (eggs to bind/set)</p> <p>Breaded chicken</p>	<p>Meals/snacks continued. Minced beef (burgers, falafels, kofta, meatballs); Rice (paella, biryani)</p> <p>Protein, Carbohydrate, Fat, Vitamins & Minerals Eatwell guide Homemade vs UPF, Use of additives</p> <p>Grilling, shallow frying, boiling and simmering. Conduction and radiant heat</p> <p>Burgers, Koftas (eggs to bind/set)</p>

<p>Raising agents Marination Sauce making</p> <p>Food Safety: High risk foods; Contamination; Food safety in buying, storing, preparing, cooking and serving food.</p> <p>Food Choice: Religious and moral food choices; British & International cuisine.</p> <p>Food Provenance: Where and how ingredients are grown/reared.</p> <p>GCSE skills:</p>	<p>Yeast (pizza), steam (rough puff)</p> <p>Reduction passata</p> <p>Eggs (salmonella), Sausages; Use of meat probe; Cross contamination; Chopping boards; Fridge/Freezer temperatures</p> <p>Free-range; Seasonality; Vegetarianism/Veganism British, Italian, French</p> <p>Staple foods; Wheat production; Free-range; Seasonality</p> <p>1,2,3,4,6,7,8,10,11,12</p>	<p>Sweet & spicy chicken, fajitas Reduction sauces</p> <p>Chicken (salmonella & campylobacter); Chopping boards; Cross contamination; Temperature zones; Bacterial growth</p> <p>Fair trade; Free-range; Vegetarianism/Veganism British, American, Mexican; Italian</p> <p>Free-range; Poultry production: Frozen vs Fresh; Staple foods</p> <p>1,2,3,4,5,6,8</p>	<p>Reduction/starch (from rice) based sauces</p> <p>Minced beef, cross contamination, use of meat probe, temperature zones, bacterial growth. Bacillus Cereus, Re-heating</p> <p>Organic; Free-range; Seasonality Middle Eastern, American, Spanish, Indian</p> <p>Red Tractor; Milk and cheese production; Staple foods; Different types of rice</p> <p>1,2,3,4,5,6,7,8,9,12</p>
Year 9	Half-term 1	Half-term 2	Half-term 3
<p>Core content and concepts</p> <p>18 weeks, 1 lesson per week</p> <p>Food Nutrition & Health: Macro & Micronutrients; Diet and its effect on health.</p> <p>Food Science: Cooking of food and heat transfer;</p> <p>Protein Denaturation</p>	<p>Simple meals/snacks, an emphasis on everything homemade to build and extend skills: Bread (pizette Bianca, Focaccia); Pasta (sauces, lasagne)</p> <p>Protein, Carbohydrate, Fat, Vitamins & Minerals Eatwell guide Homemade vs UPF, Use of additives</p> <p>Sauteing, Boiling and simmering, Baking, Use of microwave. Conduction, Convection and Radiant heat</p> <p>Gluten formation</p>	<p>Simple meals/snacks cont. Pasta (sauces), Rice (risotto into arancini), Bread (tortilla wraps for quesadillas)</p> <p>Protein, Carbohydrate, Fat, Vitamins & Minerals Eatwell guide Homemade vs UPF, Use of additives</p> <p>Sauteing, Boiling and simmering, baking, dry frying. Conduction, convection heat transfer</p>	<p>Simple meals/snacks cont. Knife skills (macedoine and julienne for spring rolls and samosas); Curry (Chicken Masala, Naan bread)</p> <p>Protein, Carbohydrate, Fat, Vitamins & Minerals Eatwell guide Homemade vs UPF, Use of herbs/spices</p> <p>Sauteing, Boiling and simmering, baking. Conduction, convection and radiant heat</p>

<p>Carbohydrate Dextrinisation; Aeration Plasticity Gluten Fermentation Raising agents Sauce making</p> <p>Food Safety: High risk foods; Contamination; Food safety in buying, storing, preparing, cooking and serving food.</p> <p>Food Choice: Religious and moral food choices; British & International cuisine.</p> <p>Food Provenance: Where and how ingredients are grown/reared.</p> <p>GCSE skills:</p>	<p>Bread Bread Pastry Bread, Pastry, Pasta Yeast Yeast and steam Reduction passata and Bolognese Starch based all-in-one/Roux.</p> <p>Protein foods Chopping boards, hand washing, separation, refrigeration, meat probes</p> <p>Free-range, Organic, Vegetarianism, Veganism, Seasonality, Italian</p> <p>Italian cheeses, herbs, 00 flour, staple foods, Mediterranean diet</p> <p>1,2,3,4,5,6,7,8,10</p>	<p>Tortilla Tortilla</p> <p>Tortilla</p> <p>Self-raising flour Reduction/starch based</p> <p>Rice (Bacillus cereus) Re-heating food, Core temperature. Storage</p> <p>Free-range, Organic, Vegetarianism, Veganism, Seasonality, Italian, Mexican</p> <p>Staple foods, Arborio rice,</p> <p>1,2,3,4,5,6,7,8,10,11,12</p>	<p>Naan bread Naan bread</p> <p>Naan bread</p> <p>Baking powder Reduction</p> <p>Protein foods (chicken), Salmonella, Rice (Bacillus Cereus), Storing and reheating</p> <p>Free-range, Organic, Vegetarianism, Veganism, Seasonality, Herbs and spices Indian</p> <p>1,2,3,4,6,7,8,10,11</p>
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