Year 7 & 8 - one lesson per fortnight. Year 9 two lessons per fortnight. Year 10 & 11 five lessons per fortnight

|  | **Aut 1** | **Aut 2** | **Spr 1** | **Spr 2** | **Sum 1** | **Sum 2** |
| --- | --- | --- | --- | --- | --- | --- |
| **7** | Food: Routines in the food room eg washing up, familiarisation of equipment, using the oven etc  Health and Hygiene  Recipes will reflect use of equipment and familiarise students with health & safety | Recipes selected to cover knife skills, use of oven, grill, and hob measuring, mixing etc. Introducing technical terms such as coagulation | Recipes to introduce new skills e.g. poaching, boiling  The Eatwell Guide & the balance diet  Multitasking e.g. using both hob & grill at the same time | Breakfast importance of this in a healthy balanced diet  Recipes to introduce new skills  E.g. rubbed method  Nutrition basics - Eatwell Guide | Recipes to introduce further new skills E.g. Rubbed in method  Looking at basic ingredients and alternative foods  Work on vegan/vegetarian food | Recipes to introduce new skills such as recipe modification - Summer dishes |
| **8** | Food: Safety and hygiene - The 4Cs Recap on routine from Year 7  Recipes selected provide progression with skills eg. Apple Crumble, Tomato soup  Food Miles & Seasonality | Food: Safety and hygiene - The 4Cs  Raising Agents  Recipes selected provide progression with skills eg. bread | Continuation of recipes to recap & improve skills already learned e.g. rubbing in etc.  Theory on key ingredients | Recipes to introduce new skills  Work on Healthy eating | Recipes to introduce new skills  Work on Eggs | Recipes to introduce new skills and recipe adaptations  Summer recipes |
| **9** | Food: Safety and Hygiene  Risks in the kitchen  The Eatwell Guide  Understanding food labels  Nutrients - balanced diet  Recipes selected to provide progression across KS | Recipes selected to provide progression across KS.  What is British Food? Work on Staple Food e.g. Rice, Potatoes, Pasta | Food Miles / Food in our environment (organic and fairtrade)  Recipes to showcase new skills e.g. Sauce making and pasta making  Labelling regulations | Recipes to showcase new skills e.g. Sauce making and pasta making  Nutritional analysis  Presentation skills | Costing of dishes.  Recipe adaptations and menu planning based on nutrition and special diets - Masterchef project. | Masterchef project showcasing all skills developed over the past 3 years of catering. |
| **10** | Catering:  Basic skills, health & safety incl.Level 2 Safety & Hygiene Qualification.(to be completed by Xmas) All students to take part in Future chef | A selection of recipes to build skills.  Examples are:  Knife skills - vegetable cuts  Jointing a chicken  Potato recipes  All cooks will compose of a full dish including accompaniments | Begin delivery of theory elements in preparation for mock exam and a walk through mock practical. The term will include a continuation of skill development in key areas e.g. fish, pastry etc. | Seasonality and food miles, provenance. Recipes to reflect this - using produce from school allotment (Rhubarb) | Continuation of delivery of theory elements with some practical work & preparation for theory mock in June. Student out on placement for work experience during this time | Continuation of delivery of theory elements with some practical work & preparation for theory mock in June. Student out on placement for work experience during this time |
| **11** | Catering  All students take part in Futurechef. Begin prep for live task (practical exam )with delivery including time planning, seasonality & refresher of skills Mock of live task | Catering  Begin prep for live task (practical exam )with delivery including time planning, seasonality & refresher of skills Mock of live task | Carry out live task both written element & practical | Carry out live task both written element & practical | Revision for theory exam |  |