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 etcHealth and HygieneRecipes 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, boilingThe Eatwell Guide & the balance dietMultitasking e.g. using both hob & grill at the same time | Breakfast importance of this in a healthy balanced dietRecipes to introduce new skillsE.g. rubbed methodNutrition basics - Eatwell Guide | Recipes to introduce further new skills E.g. Rubbed in methodLooking at basic ingredients and alternative foodsWork 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 7Recipes selected provide progression with skills eg. Apple Crumble, Tomato soupFood Miles & Seasonality | Food: Safety and hygiene - The 4CsRaising AgentsRecipes 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 skillsWork on Healthy eating | Recipes to introduce new skillsWork on Eggs | Recipes to introduce new skills and recipe adaptationsSummer recipes |
| **9** | Food: Safety and HygieneRisks in the kitchenThe Eatwell GuideUnderstanding food labelsNutrients - balanced dietRecipes 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 makingLabelling regulations | Recipes to showcase new skills e.g. Sauce making and pasta makingNutritional analysisPresentation 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 cutsJointing a chickenPotato recipesAll 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** | CateringAll 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 | CateringBegin 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 |  |