

Subject: Food and Cooking (Year 7 & 8)

Vision / Rationale for curriculum / what you want for your pupils.

All pupils to have an experience of preparing a variety of dishes/meals based on the guidance from The Eatwell Guide that they can usefully use in later life. All pupils should have a firm knowledge of health, safety and hygiene.

They should know

Why it is important to have a healthy diet and be able to use the Eatwell Guide to check that their diet is right.

How to choose ingredients with properties that suit their product and why sometimes they may have to compromise.

A range of cooking methods and which methods are best for different foods.

How to use a variety of equipment and know which is the best tool for the job.

Year 7: (7 Weeks)

Cheese on Toast, Fruit Salad, Apple Crumble, Pasta Salad, Crunchy Oat Biscuits, Savoury Parcels, Rock Buns.

Year 8: (9 Weeks)

Shortbread, Sausage Rolls, Scones, Victoria Sandwich, Pizza, Chicken Curry, Macaroni Cheese, Chilli Con Carne, Chicken Stir Fry.

Carousel

Year 7	Baseline Assessment Health, Safety and hygiene. Basic Knife skills Rubbing in method. To identify and explain strengths and a weakness and be able to suggest an improvement.
Year 8	Health, Safety and Hygiene Investigating menus – Afternoon Tea. Investigating foods from other Cultures. To be able to adapt recipes to suit different needs. To identify and explain a range of strengths and two weaknesses. To suggest and justify an improvement.