

Knowledge and skills overview	HT1	HT2
<b>Year 7</b>	<ul style="list-style-type: none"> <li>• Hygiene and safety</li> <li>• Equipment</li> <li>• Knife skills/garnishing</li> <li>• Weighing and measuring</li> <li>• Evaluating/star profiles</li> <li>• Practical work – development of skills; basic knife skills and garnishing, creaming method, rubbing in method, use of the grill, hob and oven, melting method</li> </ul>	<ul style="list-style-type: none"> <li>• Cooker</li> <li>• Creaming method, rubbing in method</li> <li>• Basic nutrition – Eatwell Guide</li> <li>• Practical work – development of skills; basic knife skills and garnishing, creaming method, rubbing in method, use of the grill, hob and oven, melting method</li> <li>• Evaluating/star profiles</li> <li>• Knife skills</li> </ul>
<b>Year 8</b>	<ul style="list-style-type: none"> <li>• Recap Eatwell Guide and introduce basic nutrition</li> <li>• Introduce task – Healthy Eating Magazine and associated healthy practicals</li> <li>• Eat less fat</li> <li>• Eat less sugar</li> <li>• Practical work – development of skills; cooking meat and vegetables, draining of fat, recap of rubbing in</li> </ul>	<ul style="list-style-type: none"> <li>• Eat more fibre</li> <li>• Eat less salt</li> <li>• Problem page – Give advice to deal with health issues as a result of an unhealthy lifestyle</li> <li>• Practical work – development of skills; cooking meat and vegetables, draining of fat, recap of rubbing in method, preparation of fruit, cooking pasta, cake decorating and finish</li> </ul>

	<p>method, preparation of fruit, cooking pasta, cake decorating and finish</p> <ul style="list-style-type: none"> <li>• Evaluating/star profiles</li> <li>• Basic recipe adaptation</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluating/star profiles</li> <li>• Basic recipe adaptation</li> </ul>
<b>Year 9</b>	<ul style="list-style-type: none"> <li>• Diets for teens – What young people eat, where they eat and what is healthy</li> <li>• Recap Eatwell Guide and nutrition – macro/micro nutrients, functions of nutrients, good food sources and excess/deficiency</li> <li>• Recipe modification</li> <li>• Practical work – development of skills; layering, shortcrust pastry, preparation of meat and vegetables, stir frying, creaming method, use of convenience pastry</li> <li>• Evaluating/star profiles</li> </ul>	<ul style="list-style-type: none"> <li>• Recipe modification</li> <li>• Practical work – further development of skills; layering, shortcrust pastry, preparation of meat and vegetables, stir frying, creaming method, use of convenience pastry</li> <li>• Theory of different types of pastry</li> <li>• Terminology e.g. julienne – link to stir fry</li> <li>• Evaluating/star profiles</li> </ul>
<b>ORACY/LIT/NUM</b>	<p>Use of specialist vocabulary throughout.  Weighing and measuring ingredients during practical lessons. Proportion in terms on practical meals. Links to careers and key roles/jobs.  Oracy – Contributions/discussions in class. Active listening.</p>	

**CULTURAL  
CAPITAL**

Links to different countries, cultures and cuisines throughout year 7, 8 and 9. Different methods of cooking linking in with this. Lessons based on religious beliefs in food.

Themed lunches in the canteen – link to different themed week e.g. Mexican Day of the Dead.