

Year	Autumn Term		Spring Term		Summer Terms		Assessments
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
7	<b>1. Safety</b> - Understand the basics of safe practices in a kitchen. - Cleaning, storage and basic equipment handling. - Using different utensils	<b>2. Cooking techniques</b> - Show basic cooking skills - Prepare fresh fruit veg, meat. - Demonstrating safe and correct technique for salads, sandwiches, snacks.	<b>3. Healthy eating choices</b> - Use the principles of a healthy and varied diet - Healthy eating choices for packed lunch or school dinner, snacks	<b>4. Seasonal produce</b> - Seasonal changes, weather in different seasons, temperature in different seasons, months in each season	<b>5. Sourcing ingredients</b> - Where does food come from? - Describe food types are grown, importance of weather, different types of farming, varieties of food types - Ways food are sourced from the sea and land.	<b>6. Processing food</b> - What are different types of packaging? - Recognises how some ingredients are packaged - What might be produced at a factory? - Where to source food used in a meal, what is found in different shops, what do and how do factories produce food	Teacher Assessment
8	<b>1. Safety</b> - Understand food labels, food storage for fridges, hot, cold, freezers, scales and weights. - Show an awareness of the importance of taste, texture and smell, especially when seasoning dishes	<b>2. Cooking Techniques</b> - Show different cooking skills using hobs, ovens and grills creating starters and meals.	<b>3. Healthy eating choices</b> - Understand a healthy and varied diet - Research different food groups, give benefits of each food group. - Portion sizes of meals.	<b>4. Seasonal Choices</b> - Characteristics of a broad range of ingredients - Recognise that climate and other conditions affect when or where food is grown or reared	<b>5. Sourcing ingredients</b> - Where does food come from? - Recognises that some foods are imported and exported, gives a reason why some foods are imported and, link knowledge of physical geography.	<b>6. Processing food</b> - How can we preserve food? - Describes/sequences the steps involved in processing food, suggests why food is preserved, lists ways food is preserved - Understands the term processed food relates to anything done to raw food before it is eaten.	Teacher Assessment
9	<b>1. Safety</b> - Demonstrate safe use of a range of basic and mechanical equipment in a kitchen.	<b>2. Cooking Techniques</b> - Show a variety of different cooking skills including steaming, frying, baking, boiling producing 2 dishes.	<b>3. Healthy eating choices</b> - Understand the principles of health and nutrition - Detail the importance of elements of a healthy diet, recognises what constitutes a healthy balanced diet, where improvements should be made in a person's eating plan.	<b>4. Seasonal Choices</b> - Understand the term of ageing meat and the reasons for it. - Types of smoking food in relation to seasons of wood growth. - Show how seasonal changes affect food prices tastes and availability.	<b>5. Sourcing ingredients</b> - What is seasonality? - Suggests reasons why sourcing food locally is better, e.g., for the environment/small farm holdings, create a menu and dishes which uses seasonal produce only, for each season of the year and where the food is sourced from.	<b>6. Processing food</b> - How is food processed? - Outline food production or processing. - Research a food product in depth to find out the processes involved in taking it from food to fork to show the roots of a dish or menu choice.	Teacher Assessment
10	<b>Level 1: 1.3</b> Demonstrate safe and hygiene throughout the preparation and cooking process Food safety, Knife safety, breakfast, eggs	<b>Level 1: 1.1</b> Select and prepare ingredients for a recipe Soup, bread, packed lunch, salad	<b>Level 1: 1.2</b> Use cooking skills when following a recipe Puddings, fish, vegetarian	<b>Level 1: 2.1</b> Reflect on own learning about the value of gaining cooking skills Pasta, chicken, rice	<b>Level 1: 2.2</b> Identify ways to pass on information about home cooking stews, baking, quick cook meat	<b>Level 1: Assessment</b> <u>BBQ, stir fry, mince</u>	BTEC Level 1 Qualification
11	<b>Level 2: 1.1</b> Plan a nutritious meal Eggs, breakfast, packed lunches, baking	<b>Level 2: 2.1 - 2.4</b> Be able to prepare, cook and present a nutritious, home-cooked meal using basic ingredients Soups and toasted sandwiches, salads, breads, stews	<b>Level 2: 3.1</b> Explain ways to economise when cooking at home Lasagne, vegetables, mince, fish, BBQ	<b>Level 2: 4.1</b> Identify ways information about cooking meals at home from scratch has been passed on to others Quick cook meat, stir fry, puddings	<b>Level 2: Assessment</b>		BTEC Level 2 Qualification